

SLEEP SMARTER. PERFORM BETTER.



WHY TEENS NEED SLEEP

Establishing and maintaining good sleep habits helps kids fall asleep, stay asleep, and wake up rested and refreshed.

Sleep is important not just for performance, but for our health as well. Everything is affected by how much sleep teens get – their mood, their motivation, what they eat, and how they interact with family and friends. Sleep deprivation also has a significant impact on teens’ mental health. Achieving quality sleep leads to improvements in health, wellbeing, and academic achievement.

Share this infographic with middle and high school students so they can learn how too little sleep might be affecting their mood and behavior.

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at HealthierGeneration.org/SmarterSleep

#SmarterSleep



sleep  number.

WHY TEENS NEED SLEEP



71% OF STUDENTS ARE SLEEP-DEPRIVED, and more than half of them believe they would handle stress better or do better in school if they got more sleep¹

TEENS NEED **8-10 HRS** OF SLEEP FOR GOOD HEALTH²

SLEEP-DEPRIVED TEENS ARE MORE LIKELY TO^{2,6}



Be overweight or obese



Not be physically active



Suffer from depression & suicidal thoughts



Perform poorly in school



Engage in risky behaviors*

* Risky behavior can include: Binge drinking, drunk driving, smoking, drug use, unhealthy weight control practices, unprotected sex

THE NUMBERS³

ABOUT **60%** of middle schoolers do not get enough sleep on school nights

ABOUT **70%** of high schoolers do not get enough sleep on school nights

WHAT'S KEEPING TEENS FROM SLEEPING?^{3,4}



Biology!*



Technology



Social media



Caffeine



Extracurricular activities



Early school start times

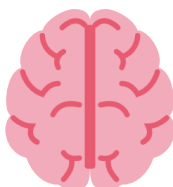


Homework loads

*Puberty alters a child's circadian rhythms – he or she is more alert in the afternoon and evening

SLEEP DEPRIVATION IS LINKED TO POOR MENTAL HEALTH IN TEENS⁶

Extreme emotional response to daily events



Suicidal thoughts
Anxiety
Depression

SLEEP DEPRIVATION MAY BE ASSOCIATED WITH^{6,7}

BULLYING
SCHOOL VIOLENCE-RELATED BEHAVIORS
FIGHTING
DROWSY DRIVING

References:

1. Sleep Number and GENYOUth Exercise Your Influence. Teens and Sleep: Back-to-School 2018. Retrieved from <https://blog.sleepnumber.com/students-feel-helpless-why-sleep-gets-an-f/>
2. Journal of Clinical Sleep Medicine. (2016) Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. Retrieved from <http://www.aasmnet.org/Resources/pdf/Pediatricsleepdurationconsensus.pdf>
3. Centers for Disease Control and Prevention. (2018, January 25). Short Sleep Duration Among Middle School and High School Students – United States, 2015. Retrieved from https://www.cdc.gov/mmwr/volumes/67/wr/mm6703a1.htm?s_cid=mm6703a1_w
4. National Institutes of Health. (2016, May). School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: a Review of the Literature. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824552/#R44>
5. American Academy of Pediatrics. (2014, August, 25). School Start Times for Adolescents. Retrieved from <http://pediatrics.aappublications.org/content/pediatrics/early/2014/08/19/peds.2014-1697.full.pdf>
6. U.S. News. (2018, July 2). The Importance of Sleep for Teen Mental Health. Retrieved from <https://health.usnews.com/health-care/for-better/articles/2018-07-02/the-importance-of-sleep-for-teen-mental-health>
7. New York State Department of Health (2018). Drowsy Driving Prevention, Teens Ages 16 to 19 Years. Retrieved from https://www.health.ny.gov/prevention/injury_prevention/children/fact_sheets/teens_15-19_years/drowsy_driving_16-19_years.htm