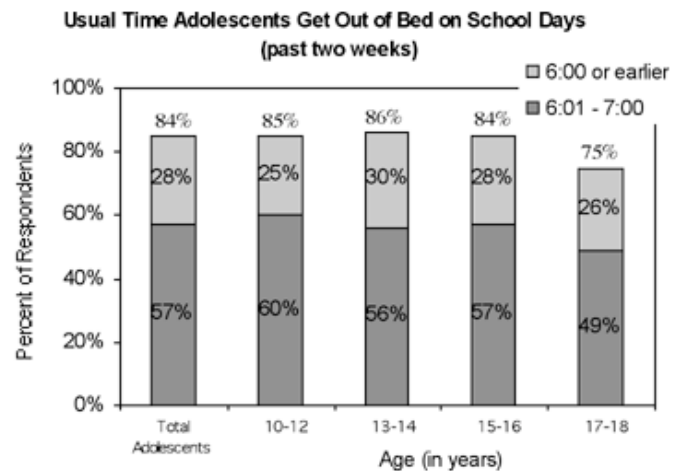
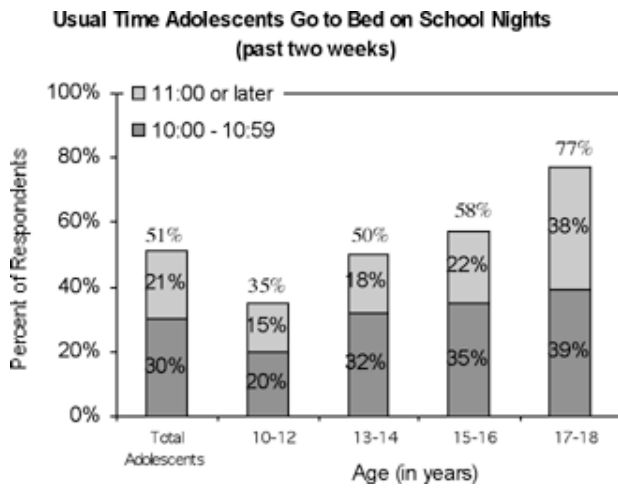


# Teenagers and Sleep

By Denise Witmer, About.com Guide

According to the American Sleep Disorders Association, the average teenager needs around 9.5 hours of sleep per night, possibly because hormones that are critical to growth and sexual maturation are released mostly during slumber. Yet studies show that teenagers generally get an average of only 7.4 hours a night. This is far short of the desired quota for healthy teens. Find out how lack of sleep affects school here.

Researchers at Stanford University found in a study that teenagers require more sleep, by 1 to 2 hours, than do their younger 9- and 10-year-old siblings, who only require about 8 hours of sleep. This contradicts parents, since we tend to give later bed times and curfews to our children as they get older.



The National Sleep Foundation recommends keeping an eye out for signs of sleep deprivation:

- difficulty waking in the morning
- irritability in the afternoon
- falling asleep during the day
- oversleeping on the weekend
- having difficulty remembering or concentrating
- waking up often and having trouble going back to sleep

Sleep deprivation can be the cause behind extreme moodiness, poor performance in school and depression. Teens also have high risk of having car accidents because of falling asleep behind the wheel.

Here are a few suggestions to get your teen the sleep they need:

- establish a reasonable bedtime and wake time, make this consistent throughout the week
- establish a bedtime routine, taking a hot bath or quiet activity beforehand
- cut down on caffeine consumption
- daily exercise, make sure this is at least 2 hours before bedtime.

## **Sleepy at School:**

Teens have a busy morning schedule as they need to wake up and get moving very early in order to catch a bus and get to school by the required time. This means teens need to get their rest the night before or they will be too tired to learn anything at school and may even fall asleep in class.

When a teen falls asleep in class, two things happen: he/she misses what is being taught and he/she loses the respect of the teacher. He/She may also receive a consequence from the school, depending on the classroom discipline policy. All of these things affect your teen's academic success and can be avoided.

To prevent your teen from being sleepy in class, try these three tips:

1. Set a time for 'lights out' on school nights. This is never be any later than 10 p.m. and preferably 9 p.m. 'Lights out' means the computer, television, lights and cell phone should be off. Soft music can be on and used to help lull your teen to sleep.
2. Help your teen develop a nighttime routine that involves activities that slow them down for the end of the day. Taking a bath or reading are two activities that work well. Turning off the computer and disconnecting from friends and the commotion of the day an hour before bedtime will also help your teen relax.
3. Point out the positives after your teen has had a good night's rest. This will reinforce what it feels like to be rested and capable of accomplishing what he/she wants.

Sources: National Sleep Foundation



Name:

Date:

Instructions: Fill out this log for 1 week. Then, on a separate sheet, answer these questions:

- Describe how much sleep you typically get, how much energy you have, and whether you think there's room for improvement in your sleep habits.
- Look at the day or days when you didn't sleep as well or lacked energy during the day. Do you see any connections between these issues and the notes in your log for that day?
- What changes could you make to sleep better and have more energy?

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Didn't eat enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drank coffee, tea, or caffeinated sodas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I felt: (check one)							
Energetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Like my energy level fell off in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wiped out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I took a nap. (check one)							
True	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
False	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did anything happen that could have affected your sleep?							
Yes (describe on back)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Last night, I went to bed at this time							
Last night, I fell asleep at this time							
Today, I woke up at this time							
My sleep was: (1 = bad, 5 = great)	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>
My stress level at bedtime was: (1 = low, 5 = high)	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>

