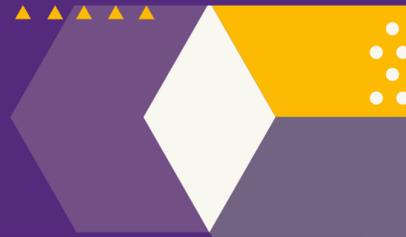


# Teens and Sleep



DISTRICT 87  
WELLNESS

Let's **BE WELL** together.



## Recommendations for teens

8-10 hours of sleep

## Causes of lack of sleep

### After-school schedules

- Increased school workload, clubs & sports, social responsibilities, jobs

### Exposure to light

- Electronic screens give off light that slow production of sleep hormones

### Excessive caffeine usage

- Chronic coffee, energy drinks, and caffeinated soft drinks make falling and staying asleep challenging

### Anxiousness

- Deadlines for projects, social drama, and family problems home cause overstimulation of the brain, making sleep more difficult to attain

### Hormonal changes

- Cause teens to stay up later and sleep in longer



## Did you know?

- Missing a day of school puts a student two days behind their classmates!
- Missing 2 days/month means missing 10% of the school year.
- Higher attendance rates are correlated to a higher likelihood of graduating High School.



## Signs and Effects of Sleep Deprivation

- Difficulty concentrating
- Drifting off in class
- Poor decision making
- Lack of enthusiasm
- Moodiness/aggression
- Depression
- Risk-taking behavior
- Slower reflexes
- Clumsiness
- Reduced sport and academic performance
- More sick days
- Tardiness
- Truancy



## Strategies to improve sleep

### Create a routine

- It takes 4 weeks for the brain to associate a routine with falling asleep

### Assess sleep hygiene

- Is it too noisy, cold, or hot? Are your pillows, mattress, and blankets comfortable?

### Limit screen time before bed

- Putting the phone away an hour before bed provides an extra 21 mins. of sleep per night

### Maintain similar sleep schedule on weekends

- Aim to wake up no later than 2 hours after the time you would normally wake up during the week

### Avoid long naps

- Napping >30 mins. will affect sleep quality at bedtime

BHS & BJHS students who responded to a social media poll on sleep indicated that their top reasons for being kept awake at night include:

- **ANXIETY**
- **PHONE USAGE**
- **DIFFICULTY STAYING ASLEEP**
- **HOMEWORK**



**76%**

of D87 students don't get at least 8 hours of sleep each night.



**67%**

of D87 students don't go to bed until at least 10 pm or later.

Information on this flyer was found at:

- [Nationwidechildrens.org](http://Nationwidechildrens.org)
- [Betterhealth.vic.gov.au](http://Betterhealth.vic.gov.au)
- [Sleepfoundation.org](http://Sleepfoundation.org)
- [Hopkinsmedicine.org](http://Hopkinsmedicine.org)