



American Academy of Sleep Medicine

Health Advisory: Teen Sleep Duration

Sleep is essential for optimal health in adolescents. The American Academy of Sleep Medicine recommends that teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health and daytime alertness during the critical transition from childhood to adulthood.

Regularly sleeping fewer than the number of recommended hours is associated with attention, behavior, and learning problems. Insufficient sleep also increases the risk of accidents, injuries, hypertension, obesity, diabetes, and depression. Insufficient sleep in teenagers is associated with increased risk of self-harm, suicidal thoughts, and suicide attempts.

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The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research, and practice standards (www.aasmnet.org).

A searchable directory of AASM accredited member sleep centers is available at www.sleepeducation.org.