

HEALTHY SLEEP *in teens*

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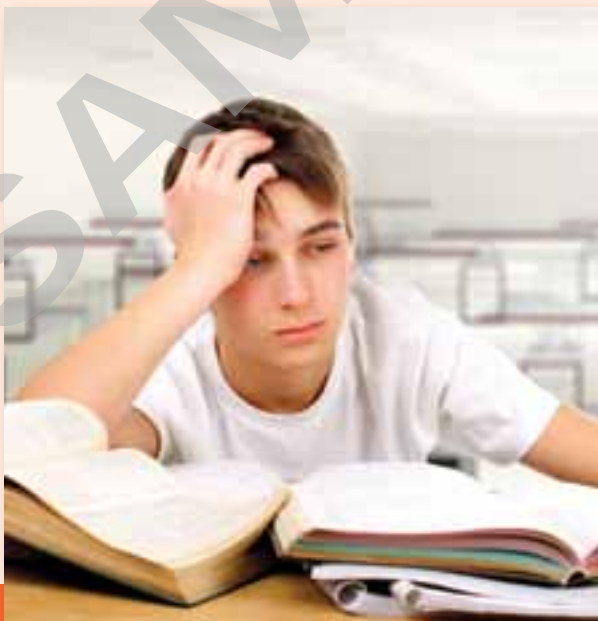
The American Academy
of Sleep Medicine
www.aasmnet.org

ARE TEENS GETTING *enough sleep?*

IF TEENS . . .

- have trouble waking up in the morning
- fall asleep in class
- have problems concentrating in school or while playing sports

These are all signs that teens need more sleep.



LEARN ABOUT COMMON SLEEP PROBLEMS

While children wake up early in the morning, teenagers may sleep until noon. As children become teenagers, their body clocks change. Teenagers naturally go to bed later at night and sleep in later into the morning. Unfortunately, this shift can make it difficult for teens to get enough sleep and get to school on time.

HOW MUCH SLEEP DO TEENS NEED?

Teens in 9th-10th grade need around 9.25 hours of sleep to function their best the next day. Teens in 11th-12th grade need around 8.5 hours of sleep a night. However, most teens only get 7.5 hours of sleep on school nights, and some only sleep for 6.5 hours or less.

Teens naturally fall asleep later at night and wake up later in the morning.

Teens do not get used to the lack of sleep, and over time, the effects worsen.

WHAT HAPPENS IF TEENS DON'T GET ENOUGH SLEEP?

- Moodiness and irritability
- Problems with learning and memory that can lead to bad grades
- Slower reaction time that can make it harder to do well at sports and increases risk of accidents
- Higher chances of getting sick

A dangerous consequence of teens not getting enough sleep is drowsy driving.

WHAT IS DROWSY DRIVING?

It occurs when drivers are too tired to remain alert and focused behind the wheel. Drivers can fall asleep and lose control of the vehicle. Some studies show that teen drivers are more likely than other age groups to drive while tired. Drowsy driving can cause accidents and deaths.

Signs of Drowsy Driving

- Yawning constantly
 - Ending up too close to the next car
 - Missing road signs or driving past turns
 - Drifting out of the lane
 - Heavy eyelids
-



WHAT CAN PREVENT DROWSY DRIVING IN TEENS?

- Getting at least 8.5-9 hours of sleep a night
- If teens recognize when they are too tired to drive
- If teens get rides late at night or early in the morning instead of driving

Drowsy driving can cause accidents and deaths. It can be as dangerous as drinking and driving.

WHAT CAN TEENS DO TO OPTIMIZE SLEEP?

Here are some things teens can do to increase the chances of a good night's rest.

KNOW THAT SLEEP IS IMPORTANT:

If teens know the value of sleep, they are more likely to make it a priority.

KEEP DEVICES OUT OF THE BEDROOM:

Many teens use their cell phone or computer before bed. The light from these devices interferes with sleeping. Using these devices can also distract teens from sleeping. If teens stop using these devices 30 minutes before bedtime, they can fall asleep faster.

DON'T USE TOBACCO OR ALCOHOL:

Some teens use tobacco to help them stay awake or alcohol to help them fall asleep. Both of these substances make sleep quality worse and lead to other health problems.

DON'T DRINK CAFFEINE AFTER LUNCH:

It's best if teens avoid caffeinated beverages like soda, coffee, or energy drinks. If teens still insist on drinking caffeine, it is best to limit it to the morning hours only.

FOLLOW A ROUTINE: Many teens sleep in on the weekends to make up for lost sleep during the week. If they sleep too late, this can make it harder to fall asleep on Sunday night and causes them to start off the school week with poor sleep. Teens shouldn't sleep more than 2 hours past their normal wake up time.

Using tobacco or alcohol is not only illegal for teens but also bad for their sleep and overall health.

WHAT ELSE CAN AFFECT TEENS' SLEEP?

Several sleep disorders can affect teens, such as Obstructive Sleep Apnea, Restless Legs Syndrome, and Narcolepsy. These disorders can cause teens to not get enough sleep.

If teens continue to experience problems sleeping after trying these solutions, they or their parents should talk to a health care provider.

For more information, see www.sleepcentral.org

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