

NATIONAL SLEEP AWARENESS MONTH

Sleep, especially for teens, is very important for their development. Sleep helps the brain to function and process information better and quicker. It promotes attention, memory, and creative thinking that is crucial to one's academic success. Rather than feeling overly drowsy or lacking attention in school (or through life), sleep can be the simple solution!



DROWSY DATA

According to the National Sleep Foundation and the American Academy of Sleep Medicine, teens need **8-10** hours of sleep per night to help keep their physical health, mental health, and school performance.

- **23.8%** of teens suffer from insomnia, an issue with falling and staying asleep
- Middle School Students: **6 out of 10 students** do not get enough sleep on school nights
- High School Students: **7 out of 10 students** do not get enough sleep on school nights

SOME SLEEP STOPPERS ARE:

- **Delayed sleep schedules**
 - School start times are early, so that means sleeping early to get enough rest. However, teens aren't always able to fall asleep early enough. The issue of playing catch-up on the weekends also messes up a sleep schedule since it is still not fixing the root issue of getting consistent nightly rest.
- **Stress and Pressure**
 - Teens have busy schedules with school assignments, work, chores at home, maintaining a social life, or sports. The pressure to fit everything in each day or the pressure to succeed with busy schedules can cause excess stress that ultimately interferes with good sleep.
- **Electronic devices**
 - **~89% of teens** keep electronic devices in their bedroom, which may contribute to bad or insufficient sleep by keeping their brains pumped throughout the night
- **Mental health issues such as anxiety or depression**
 - Insufficient sleep can worsen mental health issues and foster a negative relationship between sleep and emotional wellness.

TIPS for BETTER SLEEP

- Create a consistent pre-bed routine to help with relaxation and falling asleep quickly: This can include meditation, dimming your lights, or thinking about a calming place to get your mind off of the hustle and bustle of everyday life.
- Avoid taking long naps, especially after 3 PM: It can throw off your ability to rest during the night and impede your motivation for things like homework afterschool. Save it for later and enjoy sleep all at once!
- Avoid caffeine or energy drinks, especially in the evenings: This can lead to more waking up at night and interrupted sleep.
- Create the perfect conditions for you: Make sure your bedroom is cool, dark, and quiet
- Ditch the devices: Put away electronic devices for at least half an hour before bed and keep them on silent mode to avoid notification pings
- Remember that the bedroom is for sleeping: Avoid doing stressful activities in your bedroom. This will help keep the stress of daily activities outside of your sleeping space.

RESTFUL RESOURCES

Your Wellness Centers

Schedule an Appointment and/or reach out to check out what they have to offer such as: sleep sacs, pushing out the power of taking breaks and the science behind it, meditations (offered during the morning announcements as well); "Mindful Moments" every Friday, sleep education programs, sleep challenges, and more

Scan for Website Below:



Meditations for Sleep

Click on the links for:

- [A Meditation to help teens fall asleep at night](#)
- [5 Minute Before You Sleep Bedtime Guided Meditation](#)
- [Meditation for Teenagers Stress & Anxiety - Guided Meditation for Teens](#)

Extra Tips for Parents

Click on the links for:

- [My teen is having more trouble falling asleep at night lately. How can I help?](#)
- [How to Help Teenagers Get More Sleep](#)
- [Sweet Dreams: Parent Strategies to Help Children and Teens Get the Sleep They Need](#)

