

# TEENS AND SLEEP

9/20/16



# THE BENEFITS OF A GOOD NIGHT'S SLEEP

- Increased productivity.
- Better judgment and decision making.
- Less potential for physical harm or injury.
- Appropriate interactions.
- Repairs and restores our bodies.
- Better memory storage and retrieval.
- Better processing.



# HOW MUCH SLEEP DO WE NEED?

According to National Sleep Foundation:

School-aged children (6 to 13 years old) need 9 to 11 hours of sleep each day. As few as 7 hours and as many as 12 hours may be appropriate.

*Teens (14 to 17 years old) need 8 to 10 hours each day to feel their best. As few as 7 hours and as many as 11 hours may be appropriate.*

Young Adults (18 to 25 years old) need 7 to 9 hours each day to feel their best. As few as 6 hours and as many as 11 hours may be appropriate.

# THE LIFE OF A TEENAGER




- Busy schedules.
- Self-focused.
- Early to rise, late to bed.
- Worries and social pressures.
- Dependent on technology for socialization and entertainment.
- Physically changing at a rapid pace.
- School expectations and pressures.

# SLEEPY TEENS MAY FEEL...

- Irritable, angry
- Sick
- Less social
- Memory impaired
- Unable to focus
- Sad, depressed.
- Clumsy



# RESULTING IN:

- Unable to focus in class , manage tests and homework.
  - Visits to Health Services for fatigue or not feeling well.
  - Increased absences or going home from school.
  - Dropping out of activities they liked or spending less time with friends.
  - Increased risk for injury and accidents.
  - At risk for poor decision making or not using the best judgment.
  - At risk for depression and anxiety.
  - At risk for Type 2 Diabetes.
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**NEW TRIER CURRICULUM**  
Kinetic Wellness Department

**Focus on wellness  
and prevention.**



# **YRBS DATA**

YOUTH RISK BEHAVIOR SURVEY



# On an average school night, how many hours of sleep do you get?

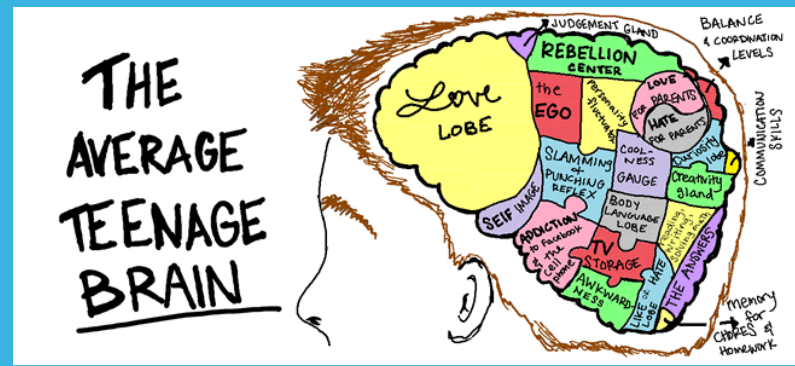
<b>4 or less hours</b>	<b>5%</b>
<b>5 hours</b>	<b>7.9%</b>
<b>6 hours</b>	<b>25%</b>
<b>7 hours</b>	<b>36.5%</b>
<b>8 hours</b>	<b>21%</b>
<b>9 hours</b>	<b>4%</b>
<b>10 + hours</b>	<b>.6%</b>

# Curricular ties to sleep education

- Sophomore Health classes – relationship between sleep and academic/sport performance. Sleep survey. Share ways to improve sleep.
- Junior/Senior Kinetic Wellness classes – Fit Female and Lifeline class assignments regarding sleep education.


# TEENS ARE DIFFERENT

- Puberty
- Different circadian rhythm
- Changes in sleep patterns
- Period of rapid growth and development
- Sleep needs compete with school schedule, commitments, and interests.



# HEALTH SERVICES VISITS

	2014	2015	2016
Total #	19,866	16,856	15,882
Fatigue	2485 (12%)	2159 (12%)	1670 (10%)
Headaches	2485 (12%)	2106 (12%)	2211 (13%)
GI/stomach	2170 (10%)	1628 (9%)	1600 (10%)



# NURSING ASSESSMENT AND COUNSELING

- Review sleep history and patterns.
- Discuss school and activity schedules.
- Current stressors ie. projects due, college app deadlines, family or friend stressors.
- Diet and drink choices (late night eating, caffeine).
- Setting priorities and limits to make time for a good night's sleep.
- Discuss medications that may impact sleep pattern.
- Help them think through their habits and make subtle changes.



# TIPS FOR BETTER SLEEP

- Create quiet time before going to sleep.
- TURN OFF TECHNOLOGY AND TV.
- Take a hot bath or shower 30 minutes before bed.
- Avoid caffeine and sugary drinks in the evening.
- Stay away from bright lights.
- Drink warm milk or decaffeinated tea.
- Play soft music (if you can stay away from other media).
- Avoid all-nighters. A good night's sleep will be more beneficial.

