

# Sleep

## Trouble Sleeping ?

Delayed sleep schedules, and school start times, time demands, electronic devices, sleep disorders, mental and neurodevelopmental disorders are all reasons why teens do not get enough sleep.

Teens need  
**8-10 hours**  
of sleep per night.

## Why is Sleep Important ?

- **Thinking and Academic Achievement**
  - Sleep benefits the brain and promotes attention, memory, and analytic thought.
- **Emotional health**
  - Most people have experienced how lack of sleep can affect mood, causing irritability and exaggerated emotional reactions.
- **Physical Health and Development**
  - Sleep empowers the immune system, helps regulate hormones, and enables muscle and tissue recovery.
- **Decision-Making and Risky Behavior**
  - Sleep deprivation can affect the development of the frontal lobe, a part of the brain that is critical to control impulsive behavior.
- **Accidents and Injuries**
  - Insufficient sleep in teens can make them prone to accidental injury and even death.

## Tips For Getting Better Sleep

1. Avoiding caffeine and energy drinks, especially in the afternoon and evening.
2. Putting away electronic devices at least a half-hour before bed.
3. Keeping the bedroom cool, dark and quiet.
4. Creating a consistent pre-bed routine can help with relaxation and falling asleep faster.

## Myths vs Facts

### **Myth: Your body gets used to lack of sleep**

**Fact:** A lack of sleep takes a toll on the body and the brain. Research has found both short- and long-term negative effects of sleep deprivation, proving that your body does not adapt to lack of sleep.

### **Myth: How long you sleep is all that matters**

**Fact:** Sleep quality is a critical factor is sufficient sleep. Fragmented sleep marked by numerous awakenings can interfere with the ability to properly move through the sleep cycle, decreasing time spent in the most restorative stages of sleep.



## Sleep Apps

- Calm
- Sleep Cycle
- Headspace

### **Check this out:**

National Sleep Foundation

<https://www.sleepfoundation.org/>  
&

MindPeace

<https://mindpeacecincinnati.com/>