

# SLEEP SMARTER. PERFORM BETTER.



## WHY TEENS NEED SLEEP

Establishing and maintaining good sleep habits helps kids fall asleep, stay asleep, and wake up rested and refreshed.

Sleep is important not just for performance, but for our health as well. Everything is affected by how much sleep teens get – their mood, their motivation, what they eat, and how they interact with family and friends. Sleep deprivation also has a significant impact on teens’ mental health. Achieving quality sleep leads to improvements in health, wellbeing, and academic achievement.

*Share this infographic with middle and high school students so they can learn how too little sleep might be affecting their mood and behavior.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.

# WHY TEENS NEED SLEEP



**71%** OF STUDENTS ARE SLEEP-DEPRIVED, and more than half of them believe they would handle stress better or do better in school if they got more sleep<sup>1</sup>

TEENS NEED **8-10 HRS** OF SLEEP FOR GOOD HEALTH<sup>2</sup>

## SLEEP-DEPRIVED TEENS ARE MORE LIKELY TO<sup>2,6</sup>



Be overweight or obese



Not be physically active



Suffer from depression & suicidal thoughts



Perform poorly in school



Engage in risky behaviors\*

\* Risky behavior can include: Binge drinking, drunk driving, smoking, drug use, unhealthy weight control practices, unprotected sex

## THE NUMBERS<sup>3</sup>

ABOUT **60%** of middle schoolers do not get enough sleep on school nights

ABOUT **70%** of high schoolers do not get enough sleep on school nights

## WHAT'S KEEPING TEENS FROM SLEEPING?<sup>3,4</sup>



Biology!\*



Technology



Social media



Caffeine



Extracurricular activities



Early school start times

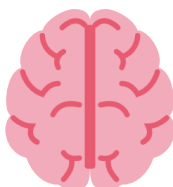


Homework loads

\*Puberty alters a child's circadian rhythms – he or she is more alert in the afternoon and evening

**SLEEP DEPRIVATION IS LINKED TO POOR MENTAL HEALTH IN TEENS<sup>6</sup>**

Extreme emotional response to daily events



Suicidal thoughts  
Anxiety  
Depression

**SLEEP DEPRIVATION MAY BE ASSOCIATED WITH<sup>6</sup>**

BULLYING  
SCHOOL VIOLENCE-RELATED BEHAVIORS  
FIGHTING

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