

References

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Better Sleep Better Society

Resources for better sleep

National Sleep Foundation

<https://sleepfoundation.org/>

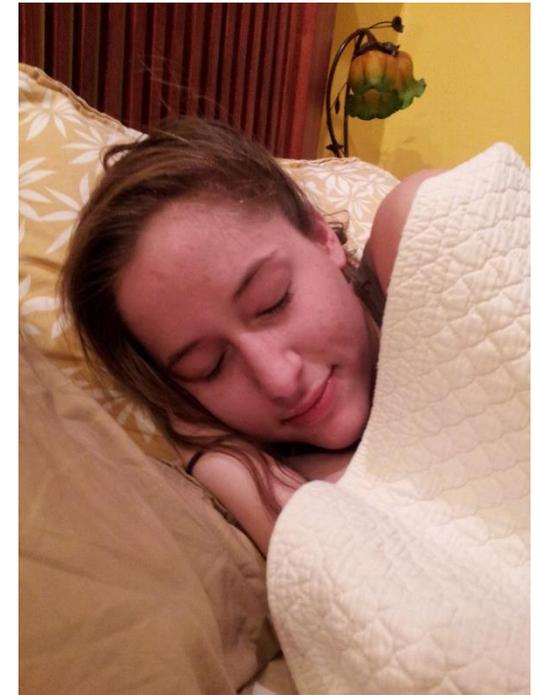
<https://sleep.org>



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Sleep for Success



Sleep Benefits
Ourselves
and Society

How much sleep is needed by adolescents ?

- Adolescents need between 8.5 to 9.25 hours of sleep every 24 hours.
- Current findings indicate the brain needs sleep to maintain itself.
- As students move toward grade 12 they are **less likely** to be getting enough sleep (National Youth Risk Behavioral Survey, 2013)
- **Why is it so difficult to get enough sleep?**
 - One reason is the increasing demands placed on students time by society

Sleep Needed Every 24 Hours

(National Sleep Foundation, 2006)



Are you waking up naturally without using an alarm?

If **no** is the answer then you may be one of the **68%** of students **not sleeping enough** in the United States.

(National Youth Risk Behavioral Survey, 2013)



Are parents aware?

- 90% of parents felt their adolescents got enough sleep
- Only 9% of high school students felt they got enough sleep

(National Sleep Foundation, 2006)

How does sleep help?

- Better decision making
- Improved school attendance
- Higher grades
- Healthier relationships
- Better mood
- Safer driving
- Decreased suicide risk

Tips for improving sleep

- Avoid light including screen time one hour before bedtime
- Sleep in a cool, dark, comfortable, and quiet place.
- Go to bed and wake up at the same time every day
- Avoid drinks with caffeine after 12 PM
- Seek help from a health professional for trouble sleeping