

Getting Enough Sleep?



A recent study found that as many as 4 out of 5 teens do not get the recommended 9 hours of sleep per night.

If you don't get enough sleep you are more likely to:

- Get lower grades
- Feel unhappy or tense
- Feel too tired to exercise or be active

You'll know you're not getting enough sleep because you'll feel sleepy in class, are drowsy while driving, arrive late to school, and may drink coffee or caffeine drinks to feel more awake.

Getting enough sleep is hard because your natural body clock shifts in adolescence and makes you feel more alert later at night. This makes it harder to wake up in the morning. Some school districts are changing to later start times to allow their students to get the sleep they need.

Sleep experts recommend these tips to get enough sleep:

- Aim for a total of 60 minutes of physical activity each day to help you get quality sleep
- Go to bed and get up at the same time (weekends too!)
- Avoid caffeine especially within 6 hours of bedtime
- Do a quiet activity a half hour before bed (not TV, computer or video games)

For more information on sleep go to: www.sleepfoundation.org



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org