



Pointers for Parents

KNOW the signs of insufficient sleep in teens — difficulty waking in the morning, irritability, falling asleep during the day and sleeping for extra long periods on weekends. On average, teens need 9.25 hours of sleep each night.

DECIDE on age-appropriate schedules for your family and work to maintain them.

TALK with your teens to help them cut back on activities so they can get the amount of sleep they need.

ENCOURAGE your children to keep a sleep diary for two weeks and to share it with you.

SEEK the opinion of a sleep expert if you think your child may have a sleep disorder.

ESTABLISH a home environment that promotes healthy sleep habits. Limit your child's use of the computer, radio, TV, phone or instant messaging close to bedtime.

ADVOCATE for positive changes in your community and schools. Encourage your school district to enact policies that will benefit the sleep health of all students, such as later school start times for adolescents.

UNDERSTAND that the consequences of sleep deprivation include an increased chance of fall-asleep car crashes, poor health, poor grades, depression, substance abuse, aggressive conduct and behavior problems.

CREATE a sleep-friendly room for your teen that is cool, quiet and dark. Dim lights close to bedtime to signal the brain when it is time to sleep, and use bright light in the morning when it is time to wake up.

RESTRICT the use of sleep disturbing products including sugar and caffeine. Consuming caffeine late in the day can disturb sleep many hours later.

