

# HEALTHY SLEEP HABITS FOR TEENS

BY DAVID THAI, RESEARCH ASSISTANT

## Adequate Sleep



Teens need between 9 to 10 hours of sleep every night. Having insufficient sleep can affect physical and mental health. Avoid napping (or long naps) and taking products that help you sleep. These can include alcohol, herbal products, or over-the-counter sleep aids.

## Stress Management



Lack of sleep can be detrimental to the ability to focus, which can lead to stress and fatigue. Managing stress relates to the lack of sleep, and having enough sleep is essential in reducing stress.

## Symptoms



About 40% of teens feel that they are usually sleepy. Common symptoms that show a lack of sleep are being tired in the mornings, difficulty avoiding naps, difficulty in memory, concentration, and motivation.

## TIPS FOR HEALTHIER SLEEP

### Time Management

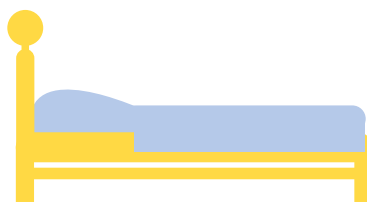


Managing your sleep schedule is important in creating consistency and good sleeping habits. The body's circadian rhythm works based on the sleep/wake cycle. Having a consistent bedtime every night gives you the recommended amount of sleep. This also includes sleeping regularly on the weekends.



### Electronics

When sleeping, reduce screen time by turning off any electronics to avoid distractions.



### Setting

Sleep in an area that is dark and away from your electronics to reduce blue light at night.

Source: [Teens and sleep: Why you need it and how to get enough. \(2008\). Paediatrics & child health, 13\(1\), 69-72.](#)



MOOVE & SNOOZE LAB  
UMASS AMHERST