

WHY SLEEP MATTERS FOR TEENS

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SLEEP IN ADOLESCENCE

Teens need between 8 and 10 hours of sleep. But only about 60% of middle schoolers and 70% of high schoolers report that they don't get enough sleep.

EFFECTS OF POOR SLEEP

- Symptoms of depression
- Weight gain
- Use of substances
- Decreased driving alertness
- Decreased academic ability



WHY DOES IT MATTER?



Sleep helps improve reaction time, is important for judgment and focus, improves mood, and important for recovery and performance gains after exercise.

TIPS FOR TEENS

- Keep a consistent sleep schedule
- Reduce phone use in the bedroom (or even better, don't use it in bed)
- Avoid caffeine - especially later in the day
- If you nap, keep it on the shorter side and not too close to bedtime



REFERENCES

- [Crowley SJ, Wolfson AR, Tarokh L, Carskadon MA. An update on adolescent sleep: New evidence informing the perfect storm model. J Adolesc. 2018 Aug;67:55-65](#)
- [Sleep Foundation: How Much Sleep Do Student Athletes Need?](#)
- [Sleep Foundation: How Much Sleep Should a Teenager Get?](#)



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