

# Sleeplessness in American Teens: Unlocking the Secrets of Restful Nights

**SLEEP AND TEENS**  
A Good Night's Sleep Has a Great Effect on Your Teen's Health

TIPS FROM NYACK HOSPITAL

9 HOURS  
The average amount of sleep teens get every night.

28% of teens fall asleep at all times a week or more.

14% of teens arrive late for school at least once a week or more.

### WHY SLEEP IS IMPORTANT

- Brain Can Lead to A's**  
Sleep helps your ability to learn, concentrate, remember, learn, and solve problems.
- Good Mood**  
Lack of sleep can lead to moodiness, irritability, and depression.
- Keeps You Physically Healthy**  
Sleep allows your body to repair itself. Lack of sleep can lead to a poor complexion and increase your obesity risk.

### COMMON SLEEP DISORDERS IN TEENS

- Sleep Deprivation**  
A condition resulting from early school start times, long homework hours and extracurricular activities creating busy schedules and not enough time for sleep.
- Inadequate Sleep Hygiene**  
Poor sleep habits often include use of devices at bedtime, eating late, excessive caffeine, and not keeping a regular sleep schedule.
- Circadian Rhythm Disorder**  
Delayed Sleep Phase Syndrome: A disorder in which there is a consistent or occasional disruption of sleep patterns caused by changes in a teen's biological clock as they go through puberty.

### TIPS FOR BETTER SLEEP

- Establish a bedtime routine.** (Icons: alarm clock, pencil, laptop)
- Keep the bedroom cool, dark, and quiet.** (Icons: thermometer, lamp, speaker with X)
- Don't eat, drink, or exercise before bed.** (Icons: pretzel, water bottle, sneakers)
- MOST IMPORTANT: Turn off all electronics at night.** (Icon: smartphone with X)  
The body produces melatonin at night to induce sleep. Bright light from electronic devices (such as the laptop) suppresses melatonin production, causing sleep problems.

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## : The Sleepless Epidemic

In the bustling tapestry of modern America, teenagers are facing an alarming epidemic: sleeplessness. According to the Centers for Disease

Control and Prevention (CDC), nearly one-third of high school students report getting less than six hours of sleep on school nights, falling far short of the recommended eight to ten hours.

This widespread sleep deprivation poses dire consequences for our nation's youth. Studies have linked insufficient sleep to a litany of physical, mental, and academic health issues, including obesity, depression, anxiety, and impaired cognitive function. It also significantly increases the risk of accidents, injuries, and poor academic performance.



## Running on Empty: Sleeplessness in American Teens (Nonfiction - Young Adult) by Connie Goldsmith

★★★★★ 5 out of 5

Language : English  
File size : 2560 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 116 pages



### Unveiling the Causes of Sleeplessness

'Sleeplessness in American Teens' delves into the complex tapestry of factors contributing to sleep disturbances among teenagers. It explores the interplay of biological, psychological, and environmental influences, including:

- **Circadian Rhythm Disruption:** As teenagers enter puberty, their natural sleep-wake cycle shifts, making it harder for them to fall asleep

and wake up at traditional school hours.

- **Hormonal Fluctuations:** The hormonal surges associated with adolescence can disrupt sleep patterns, leading to insomnia and restless nights.
- **Stress and Anxiety:** The pressures of school, extracurricular activities, and social media can take a toll on teens' mental well-being, interfering with their ability to relax and fall asleep.
- **Electronic Device Usage:** The blue light emitted from smartphones, tablets, and computers can suppress the production of melatonin, the hormone that promotes sleep.
- **Sleep Environment:** A noisy, uncomfortable, or too bright sleep environment can make it difficult for teens to get quality rest.

## **Empowering Teens to Reclaim Their Nights**

'Sleeplessness in American Teens' goes beyond diagnosing the problem; it offers practical, evidence-based solutions to help teens overcome sleep deprivation and reclaim their nights. Through relatable case studies and expert advice, the book provides:

- **Personalized Sleep Plans:** Tailored to individual needs, these plans outline customized strategies for improving sleep quality, duration, and consistency.
- **Cognitive Behavioral Therapy for Insomnia (CBT-I):** CBT-I is a proven therapy that helps teens identify and change negative thoughts and behaviors that perpetuate sleep problems.

- **Smartphone and Social Media Boundaries:** The book provides guidelines for reducing screen time and creating screen-free zones in the bedroom before bedtime.
- **Sleep Environment Optimization:** Tips on creating a conducive sleep environment, including darkness, quiet, and a comfortable temperature.
- **Lifestyle Adjustments:** The book emphasizes the importance of regular exercise, healthy eating habits, and stress management techniques for promoting restful sleep.

## **Relatable Stories and Expert Insights**

Throughout the book, 'Sleeplessness in American Teens' weaves together compelling stories from real teenagers who have struggled with sleep deprivation and ultimately found success in overcoming it. Their experiences provide both inspiration and practical insights for readers.

In addition, the book draws upon the expertise of leading sleep scientists and clinicians who share their latest findings and evidence-based recommendations for improving adolescent sleep health.

## **Call to Action: Investing in Teen Sleep**

In the final chapter, 'Sleeplessness in American Teens' urges parents, educators, healthcare providers, and policymakers to prioritize teen sleep. It emphasizes the critical role of sleep in the overall health and well-being of our youth and calls for collective action to create a society that supports their ability to get the rest they need.

The book concludes with a powerful message: By embracing the solutions outlined in its pages, we can empower American teens to unlock the secrets of restful nights, unleash their full potential, and build a brighter future for themselves and our nation.

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