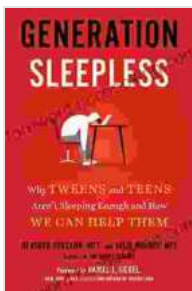


# Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them

Sleep is essential for overall health and well-being. It helps our bodies repair themselves, consolidates memories, and regulates our hormones. For tweens and teens, sleep is especially important as it supports their physical, cognitive, and emotional development.



## Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them

by Heather Turgeon

★★★★★ 5 out of 5

Language : English  
File size : 7510 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 299 pages



Unfortunately, many tweens and teens are not getting enough sleep. A study by the National Sleep Foundation found that only 35% of teens get the recommended 8-10 hours of sleep per night. This sleep deprivation can have a number of negative consequences, including:

- Increased risk of accidents
- Poor academic performance

- Mental health problems, such as depression and anxiety
- Physical health problems, such as obesity and diabetes

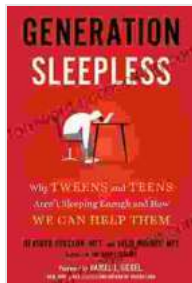
There are a number of factors that can contribute to sleep deprivation in tweens and teens, including:

- **School schedules:** Many tweens and teens have early school start times, which can make it difficult for them to get enough sleep on school nights.
- **Extracurricular activities:** Tweens and teens often have busy schedules that include extracurricular activities, such as sports, music, and clubs. These activities can take up a lot of time and make it difficult to get enough sleep.
- **Technology use:** The use of electronic devices before bed can interfere with sleep. The blue light emitted from these devices can suppress the production of melatonin, a hormone that helps us fall asleep.
- **Caffeine and alcohol use:** Caffeine and alcohol can both interfere with sleep. Caffeine can keep you awake, while alcohol can disrupt your sleep cycle.
- **Mental health problems:** Mental health problems, such as anxiety and depression, can make it difficult to fall asleep and stay asleep.

If you are concerned that your tween or teen is not getting enough sleep, there are a number of things you can do to help them:

- **Talk to them about sleep:** Let your tween or teen know that you are concerned about their sleep habits and ask them how they are feeling. Encourage them to talk to you about any problems they may be having with sleep.
- **Establish regular sleep habits:** Help your tween or teen to establish regular sleep habits by going to bed and waking up at the same time each day, even on weekends. This will help to regulate their body's natural sleep-wake cycle.
- **Create a relaxing bedtime routine:** A relaxing bedtime routine can help your tween or teen to wind down before bed. This could include activities such as taking a warm bath, reading a book, or listening to calming music.
- **Make sure your tween or teen's bedroom is dark, quiet, and cool:** These conditions are ideal for sleep.
- **Limit screen time before bed:** The blue light emitted from electronic devices can interfere with sleep. Encourage your tween or teen to avoid using electronic devices for at least an hour before bed.
- **Encourage your tween or teen to get regular exercise:** Exercise can help to improve sleep quality. Encourage your tween or teen to get at least 30 minutes of exercise each day.
- **Avoid caffeine and alcohol before bed:** Caffeine and alcohol can both interfere with sleep.
- **Talk to your doctor:** If you are concerned that your tween or teen is not getting enough sleep, talk to your doctor. There may be an underlying medical condition that is interfering with their sleep.

Getting enough sleep is essential for the health and well-being of tweens and teens. By following these tips, you can help your tween or teen to get the sleep they need to thrive.

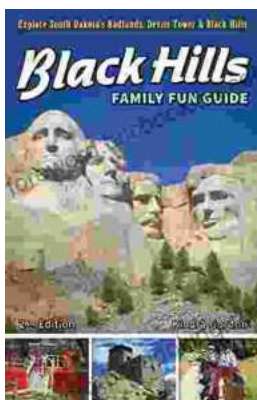


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