

SLEEP HEALTH

Encourage our youth to make better sleep choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2019:

21% Got eight or more hours of sleep on an average school night.

23% Males were more likely than females to get eight or more hours of sleep at 23% and 18%, respectively.

AMONG STUDENTS WHO GOT EIGHT OR MORE HOURS OF SLEEP ON AN AVERAGE SCHOOL NIGHT:

88% Made good grades (Mostly A's and B's) compared to 77% of students who did not get eight or more hours of sleep.

18% Drank alcohol recently compared to 30% of students who did not get 8 or more hours of sleep.*

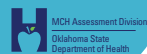
24% Experienced extended periods of sadness or hopelessness compared to 43% of students who did not get eight or more hours of sleep.

59% Exercised at least five of the previous seven days compared to 47% of students who did not get eight or more hours of sleep.

*during the past 30 days



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RECOMMENDATIONS



GET ENOUGH SLEEP

Teens 13-18 years of age need 8 to 10 hours of sleep.¹



BE CONSISTENT

Try to go to bed and get up at the same times, including weekends.³



GET SOME EXERCISE

Being active during the day can help you fall asleep more easily at night.³



HAVE A CUT OFF TIME

Avoid caffeine containing drinks and medications (coffee, tea, soda/pop and chocolate) 4-6 hours before bedtime since caffeine acts as a stimulant and can reduce the quantity and quality of sleep.⁴



TURN THE SCREEN OFF

Reduce screen time, especially late in the evening, as blue light from televisions, computers, electronic notebooks, and smartphones can inhibit the release of sleep-inducing melatonin, increase alertness, and reset the body's circadian rhythm to a later schedule.²



A RELAXING ENVIRONMENT

Make sure the bedroom is quiet, dark, relaxing, and at a comfortable temperature.³



INTERFERENCE WITH SLEEP

Avoid eating, drinking, or exercising within a few hours of bedtime. Nicotine and alcohol also interfere with sleep.²



LATER START TIMES

Encourage schools to move toward later starting times (the AAP recommends ~ 8:30 a.m.), since research indicates that typical teens have trouble falling asleep before 11:00 pm and are best suited to awaken at 8:00 or later.⁵

1. AAP News. AAP endorses new recommendations on sleep times. June 13, 2016. Available at <https://www.aapublications.org/news/2016/06/13/Sleep061316>
 2. National Sleep Foundation Website, 2019. Teens and Sleep. Available at URL: <https://www.sleepfoundation.org/articles/teens-and-sleep>
 3. Centers for Disease Control and Prevention (CDC). Tips for Better Sleep https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
 Last reviewed: July 15, 2016.
 4. Heffron, T. Sleep and Caffeine. American Academy of Sleep Medicine. Sleep Education. August 1, 2013. <http://sleepeducation.org/news/2013/08/01/sleep-and-caffeine> Accessed July 30, 2019.
 5. Adolescent Sleep Working Group, Committee on Adolescence, Council on School Health. School Start Times for Adolescents. Pediatrics August 25, 2014; 134; 642 <https://pediatrics.aappublications.org/content/134/3/642>