

Common Sleep

Insomnia:

- Difficulty falling or staying asleep
- Symptoms: Waking up often during the night, tired upon waking, and waking up too early in the morning

Delayed Sleep Phase Disorder:

- Bedtime of an individual is delayed 2 or more hours beyond the socially acceptable bedtime
- Increased function and are more alert during the evening hours
- Symptoms: inability to fall asleep, inability to wake up at desired time, excessive daytime sleepiness, generally no other sleep problems, and depression and behavior problems

Anxiety:

- Anxiety and stress can cause sleep disturbances and sleep problems are increased by stress and anxiety

Restless Leg Syndrome:

- Temporarily relieved by pressure and movement
- Overwhelming urge to move legs during rest that can be painful



For more information go to:
www.sleepfoundation.org

Sources:

[Science.howstuffworks.com](http://www.science.howstuffworks.com)

<http://www.nlm.nih.gov/health/health-topics/topics/sleepapnea/>

<http://www.nationwidechildrens.org/sleep-in-adolescents>

<http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep>

www.teendrivingsource.org

www.clevelandclinic.org

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Teens and Sleep

Teens need about 9 1/4 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.

What is Sleep?

- Food for the brain
- Where important functions and brain activity occur
- Skipping sleep can be harmful
- Vital to your well-being
- Teens tend to have irregular sleep patterns across the week
- Most teens suffer from treatable sleep disorders
- Teens need at least 8 ½ hours of sleep each night to function best

DROWSY DRIVING

- Teen drivers who sleep less than 8 hours nightly are one-third more likely to crash than those who sleep 8 or more hours nightly.
- Being awake for 18 hours is similar to having a blood alcohol concentration (BAC) level of 0.08, which is legally drunk.
- The majority of fatigue related crashes are caused by adults under 25 years of age.

Quick Fact:

It's estimated that 100,000 accidents, 40,000 injuries, and 1,500 deaths occur in the U.S. in crashes caused by tired drivers. Young people under 25 are more likely to be involved in drowsy driving crashes.



Lack of Sleep Causes:

- Decrease in Academic Performance
- Decrease in Cognitive Ability
- Mood Changes
- Lead to aggressive or inappropriate behavior
- Weight Gain
- Illness
- Drowsy Driving

QUICK FACT:

Teenagers get an average of 7 to 7 ¼ hours of sleep each night. This could be due to: shift in schedule, social obligations, and school start times.

IMPROVE SLEEP

- Maintain a regular sleep schedule
- Establish and wake and bed time
- Avoid over sleeping on weekends
- Take early afternoon naps
- Turn off cell phones, TV's, electronics, computers, radios at least an hour before bed
- Avoid caffeine, alcohol, smoking, and drugs
- Keep your room cool, quiet, and dark
- No pills, vitamins, and drinks can replace good sleep
- Don't eat, drink, and exercise a few hours before bed