



How to Help Your Teen Get More (Quality) Sleep

9-10 hours

is the optimal amount of sleep needed for teens aged 13-18

yet only 23%

of Hawaii teens get 8 hours or more of sleep per night*

*2019 Hawaii Youth Risk Behavior Survey



This is due to the fact that most teens are night owls--they prefer to go to bed later and wake up later.

Why is sleep important?



It improves focus and memory and makes you a better learner.



It regulates your mood and reduces the risk of depression and suicidal thinking.



It reduces your risk of injury, unsafe sex, and drug and alcohol abuse.



It strengthens your immune system and reduces your risk of obesity, heart disease and diabetes.

Common teen sleep disorders:

Sleep deprivation

Getting too few hours of sleep results in feeling sleepy during the day, being less able to control emotions and having physical symptoms, like a headache.

Circadian dysregulation

This involves either difficulty falling asleep, waking up during the sleep cycle, or waking up too early and being unable to fall back to sleep.

Social jetlag

Irregular bed and wake times and sleeping in on the weekends can result in a general feeling of discomfort or uneasiness and mood swings.

Tips for quality sleep



Have regular bedtimes and wake up times. Wake up no more than two hours later on weekends.



Turn off all electronic devices about an hour prior to sleeping. Put smart phone on night mode.



Dim light conditions the hour before bedtime. The body needs dark to release melatonin. Use bright light when waking.



Avoid caffeine, late night snacking and exercise an hour or two before bedtime..

