

AMERICAN TEENS SAY THEY ARE

SLEEP-DEPRIVED & STRESSED

and they know it impacts their health

STUDIES SHOW A VICIOUS CYCLE CONNECTING

SLEEP DEPRIVATION to STRESS

AMONG U.S. TEENS, WHICH IMPACTS THEIR HEALTH & WELLNESS.



NATIONAL 4-H COUNCIL

National 4-H Council and Molina Healthcare joined forces to create...



ABOUT TEENS TAKE ON HEALTH

Over a 15-month period, nearly **1,000 U.S. TEENS** engaged their peers to discuss their health needs, concerns and priorities.

Teens responded to a **social media** survey, submitted **videos** and participated in **town halls**.

TEENS TAKE ON HEALTH

Solutions for a healthier America

a teen-led initiative to engage young people across the country in interactive dialogue about health

WHAT DID YOUTH SAY?

They see health as **holistic MIND, BODY & SOUL.**

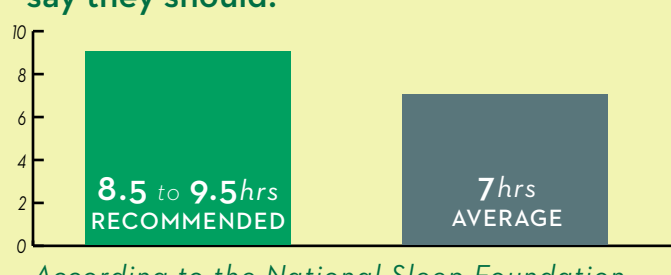
They care just as much about **emotional** and **mental health** as physical health.

They are concerned they're **not getting enough sleep** and need help with **stress**.

SLEEP-DEPRIVATION

The majority of teens don't get the **8.5 to 9.5 hours** of sleep that experts say they should.

In fact, the average is about **7 hours** of sleep a night for teens.



According to the National Sleep Foundation.



Only about **8%** of high school students get enough sleep on an average school night.

The others are living with sleep deficits that could lead to:

- ▶ daytime drowsiness
- ▶ depression
- ▶ headaches
- ▶ poor performance at school

An estimated



of adolescents in grades **9-12** get insufficient sleep on school nights.

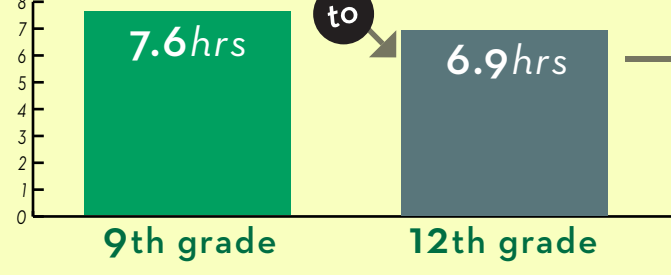


of adolescents sleep only **5 hours**



on an average school night.

The typical nightly sleep time for teens decreases on average from:



Nearly 20 percent more 12th grade students have sleep deficits than do those in 9th grade.

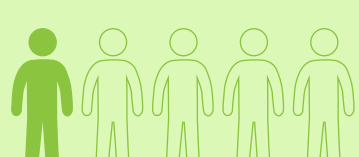
THE PRIMARY CONSEQUENCES OF POOR SLEEP AMONG ADOLESCENTS ARE:

- ▶ impaired learning and school performance
- ▶ mood and emotion problems
- ▶ behavior problems
- ▶ and other health issues, including obesity

Concerning new evidence also indicates that adolescents' sleep may be related to high-risk behaviors such as:

- ▶ substance abuse
- ▶ suicidal behaviors
- ▶ drowsy driving

STRESS



Nearly 1 in 5 teens (**18%**) say that when they do not get enough sleep, they are **more stressed**.



More than one-third of teens report fatigue or feeling tired **due to stress**.

TEEN SOLUTIONS

As proposed during the Teens Take on Health Action Summit in April 2014.

- 1 Keep it on the regular.** Try to stick to a routine for bedtime and wake up time, even on the weekends.
- 2 Manage your tech use.** Avoid cell phone, tablet, computer and TV use within the hour before bed time.
- 3 Exercise regularly.** Even light exercise is better than no activity and can help with sleep.
- 4 Know your limits.** What do you like most? Prioritize your extracurricular school and social activities to avoid over-committing.
- 5 Seek school policy solutions.** Do you think it would help to have a later school start time? What about having time management classes added to the curriculum? Consider school policy solutions that you can advocate for locally.

Visit www.4-h.org/teenstakeonhealth to learn more or download the full report.

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