Studies have linked sleep deprivation among teens to a wide range of negative outcomes, including increased stress levels, poor mental health, and decreased academic performance. A survey of 1,000 U.S. teens found that only 8% of them get enough sleep, with the average teen sleeping 6.9 hours per night. The majority of teens don’t get the 8-10 hours of sleep that experts recommend, which can lead to increased stress, reduced academic performance, and other negative consequences.

### The Primary Consequences of Poor Sleep Among Adolescents Are:

- Impaired learning and school performance
- Mood and behavior problems
- Health issues, including obesity

### Make Sleep a Priority

- All teens are living with some level of stress that can lead to increased stress, negative engagement with it, and increased risk for mental health issues.
- The effects of sleep deprivation among teens are far-reaching and can impact their physical, emotional, and mental well-being.

### SLEEP DEPRIVATION

<table>
<thead>
<tr>
<th>Sleep Deprivation</th>
<th>Stress</th>
<th>SLEEP DEPRIVATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not getting enough sleep</td>
<td>Stress increases</td>
<td>More stressed</td>
</tr>
</tbody>
</table>

### STRESS

<table>
<thead>
<tr>
<th>Stress</th>
<th>SLEEP DEPRIVATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>More stressed</td>
<td>More sleep available</td>
</tr>
</tbody>
</table>

### TEEN SOLUTIONS

1. **What Did You Say?**
   - The majority of teens don’t get the 8-10 hours of sleep that experts recommend, which can lead to increased stress, reduced academic performance, and other negative consequences.

2. **What Did You Say?**
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###ACKNOWLEDGMENT

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**Sources:**

- Braun, B.(PhD) and Brown, V . (DrPH)."A Study of T eens Take on Health Initiative". University of Maryland Extension (March, 2014).