

ON YOUR MARK...GET SET...

SLEEP

Many teenagers need at least 9 hours of sleep per night, most of them only get 6!

WAKE UP CALL!

According to recent research:

- ✓ Most adults need roughly 8 hours sleep per night, many teenagers need more — at least 9 hours per night.
- ✓ Teenagers' natural biological clocks control their sleep/wake systems and push them toward later bedtimes and later rising times. But, their busy schedules prevent them from doing what comes naturally.



WHY IT MATTERS

- Teens who get fewer than 9 hours of sleep per night may be sleep deprived.
- Teens who are sleep deprived are at high risk for car crashes and poor performance in sports, class, and at work.
- Drowsy teens can be a danger to themselves and others — especially on the road. Drowsy driving is a significant factor in traffic fatalities.

In fact, According to the National Highway Traffic Safety Administration, about 26% of highway crashes involve drivers under the age of 25. Most teens may be experiencing significant problems with sleepiness. Only one solution is effective in the long run: more sleep!

HOW CAN YOU HELP?

- Help the kids on your team understand that sleep is as important as eating and breathing. Without sufficient sleep, no one can give a peak performance.
- Explain that drowsy athletes can let down their teammates, and that drowsy drivers are as dangerous as drunk drivers.
- Help teens manage their time. Schedule sporting events and practices with teens' sleep needs in mind. Work with them to brainstorm techniques for building sleep into their busy schedules. Encourage them to find alternatives to driving when they're feeling tired.

