

WHY CAN'T JOHNNY STAY AWAKE IN CLASS?

Because, like other teenagers, he needs at least 9 hours of sleep per night, and he's only getting 6!

If your students are falling asleep in class, it's absolutely natural! According to recent research, teenagers actually need extra sleep — more than their younger siblings, and more than adults. In fact, teenagers' natural biological clocks push them toward later bedtimes and later rising times.

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, poor performance in class and at work, mood swings, and other problems.
- Drowsy driving is a significant factor in fatalities on the road. Only one solution is effective in the long run: more sleep!

A WAKE UP CALL

Sleepy teens can be a danger to themselves and others — especially on the road. According to the National Highway Traffic Safety

Administration, about 26% of car crashes involve drivers under the age of 25. Many teens may be experiencing a significant problem with sleepiness.

Sleep-deprived teens are likely to perform poorly in school and sports, be moody and may have trouble in social situations.



HOW CAN YOU HELP?

- Convince your students that sleep is not just a luxury; it's as important as eating and breathing.
- Explain that drowsy driving is as dangerous — and as avoidable — as drunk driving.
- Help students manage their schedules so that they have time for adequate sleep.
- Brainstorm techniques for building sleep into their busy schedules. Encourage them to find alternatives to driving when they're feeling drowsy.

