

Sleeplessness in American Teens: A Nonfiction Young Adult Perspective

Sleep is essential for good health and well-being. It helps us to repair our bodies, consolidate memories, and regulate our emotions. However, many American teens are not getting the sleep they need. A recent study found that only 27% of high school students get the recommended 8-10 hours of sleep per night.



Running on Empty: Sleeplessness in American Teens (Nonfiction - Young Adult) by Connie Goldsmith

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
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There are a number of factors that contribute to sleeplessness in teens. These include:

- **School:** Many teens have a lot of homework and extracurricular activities, which can make it difficult to get enough sleep.
- **Technology:** The use of electronic devices before bed can interfere with sleep. The blue light emitted from these devices can suppress the production of melatonin, a hormone that helps us to fall asleep.

- **Stress:** Teens often experience a lot of stress, which can make it difficult to fall asleep and stay asleep.
- **Mental health conditions:** Teens who suffer from mental health conditions such as anxiety or depression are more likely to experience sleep problems.

Sleep deprivation can have a number of negative consequences for teens. These include:

- **Poor academic performance:** Sleep-deprived teens are more likely to have difficulty paying attention in class, remembering information, and completing assignments.
- **Increased risk of accidents:** Sleep-deprived teens are more likely to be involved in car accidents and other accidents.
- **Mental health problems:** Sleep deprivation can worsen mental health problems such as anxiety and depression.
- **Physical health problems:** Sleep deprivation can increase the risk of developing chronic health problems such as obesity, diabetes, and heart disease.

There are a number of things that teens can do to improve their sleep habits. These include:

- **Establish a regular sleep schedule:** Go to bed and wake up at the same time each day, even on weekends.
- **Create a relaxing bedtime routine:** Wind down before bed by ng relaxing activities such as reading, taking a bath, or listening to

calming music.

- **Make sure your bedroom is dark, quiet, and cool:** These conditions are ideal for sleep.
- **Avoid caffeine and alcohol before bed:** These substances can interfere with sleep.
- **Get regular exercise:** Exercise can help to improve sleep quality. However, avoid exercising too close to bedtime, as this can make it harder to fall asleep.
- **See a doctor if you have trouble sleeping:** If you have difficulty sleeping for more than two weeks, see a doctor. There may be an underlying medical condition that is causing your sleep problems.

Getting enough sleep is essential for the health and well-being of American teens. By following these tips, teens can improve their sleep habits and get the sleep they need to succeed in school, avoid accidents, and maintain good mental and physical health.

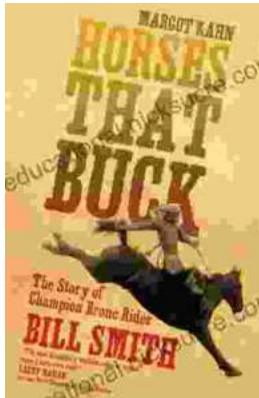


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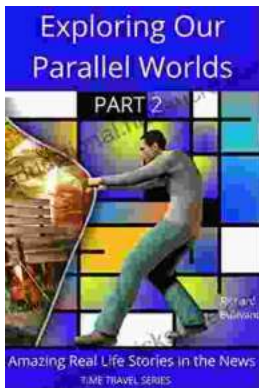
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