

SLEEP HABITS

Seattle Public Schools' SBIRT Check Yourself data suggests that **49%** of SPS 7th-9th graders are **not** getting enough sleep!

OVERVIEW

Not getting enough sleep can affect students' ability to retain information, memorize, focus, and learn. Teens between the ages of 12 and 15 should aim to get 8-10 hours of sleep per night.*



FACTS

With homework, extracurricular activities, changing bodies, and early wake up times, it can be difficult for teens to get enough sleep. But setting a routine and sticking to it, eating healthy and exercising during the day, and avoiding caffeine/alcohol/drugs, can help!**



DEVICES

Texting, gaming, social media, and scrolling the internet are terrible for sleep. These keep teens alert and the blue light from screens tricks the brain into thinking it is daytime. Monitoring PM device usage is an extra-effective way to improve sleep.***



CALL TO ACTION

Talk to your teen about the importance of sleep! Help them find a routine to repeat every night (Such as washing up, journaling, reading, or stretching), schedule backward from their wake up time, and help them stick to the new plan - even on the weekends.****



* Sleep 101, Brigham and Women's Hospital's Division of Sleep & Circadian Disorders & Healthy Hours, 2024

** University of Washington Medicine, Harborview, 2022

***Student Health Center, University of California Santa Cruz, 2023

**** Harvard School of Continuing Education, 2021