

The Importance of Sleep for Youth Brain Development

Sleep impacts not only teen brains, but their overall health and wellbeing. It's important they get a full night's rest, e.g., 8 hours.

While we sleep, our brain removes harmful toxins that cannot be removed while awake (sort of like flushing a toilet!), and most teens are not getting the recommended 8 hours.

SLEEP FACTS

Lack of Sleep Can Lead to:

- Difficulty learning new information
- Forgetfulness
- Difficulty focusing
- Poor decision-making
- Unhealthy eating habits
- Inactivity
- Decreased immune function

Stress can lead to sleep issues and lack of sleep can lead to stress. Talk with your teen about the importance of sleep and discuss ways to incorporate the tips we have outlined below.

SLEEP TIPS

- Sleep in a fully dark room.
- Avoid caffeine, especially in the evening.
- Exercise during the day rather than late in the evening.
- Try to go to bed and wake up at the same time each day.
- Avoid screen-time for at least an hour before bed.
- Before bed, allow 10-15 minutes for relaxing rituals.
 - E.g., meditation, deep breathing, music, stretching.
- Talk with your child's doctor if sleep deprivation remains a significant issue after trying these tips.