

Teen Sleep Fact Sheet

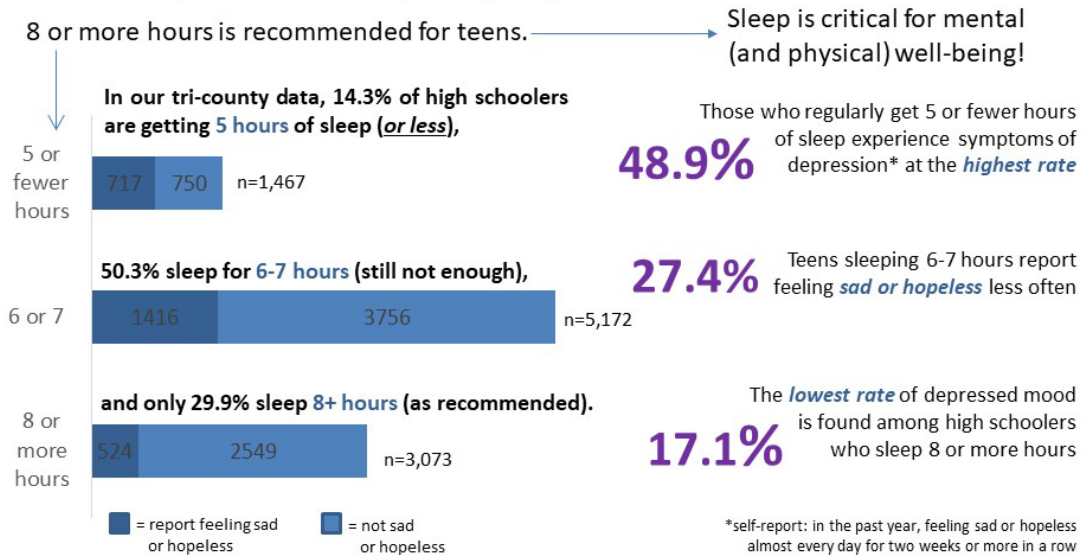
Did you know....

- Teens are incredibly sleep deprived! Adolescents require about 9 hours of sleep per night for optimal health. Local YRBS data show that two-thirds of teens in our region are sleep deprived and receive less than eight hours of sleep on an average school night.

What our 2021 YRBS data shows...

(Calumet, Outagamie & Winnebago Counties)

How many hours of sleep do you get?



- Teens who get the least amount of sleep have much higher rates of depression. Fourteen percent of tri-county high schoolers get five hours of sleep or less, and nearly half of them report feeling depressed. Less than a third, 29.9% of local teens get eight hours of sleep or more and report lower rates of depression – 17 percent.
- Sleep loss in adolescents is associated with increased risk of:
 - Poorer grades/lower scores on standardized tests
 - Truancy and dropouts
 - Reduced problem-solving/attention
 - Irritability, difficulty getting along with others
 - Depression
 - Anxiety
 - Substance Use

MORE THAN 60 STUDIES HAVE FOUND CORRELATIONS BETWEEN CHRONIC INSUFFICIENT SLEEP AND SUICIDE.

- **BERNERT AND JOINER, SLEEP DISTURBANCES AND SUICIDE RISK: A REVIEW OF THE LITERATURE. 2007.**

- Suicide risk
 - More automobile accidents
 - More sports injuries
 - More risk-taking behavior
- **Why are teens so sleep deprived?**
Early wake times are the primary culprit in teen sleep loss due to the later shift in sleep cycle during puberty. Waking at teen at 5 a.m. disrupts the sleep cycle and is biochemically similar to waking an adult at 2 a.m. Adolescents are naturally wired to become sleepy around 10 or 11 p.m.
- **What's the solution?**
The American Medical Association, American Academy of Pediatrics, and Centers for Disease Control all recommend that middle and high schools start no earlier than 8:30 a.m.
- **What are the benefits are later school start times?**
 - Reduced depression, anxiety, and suicidal thoughts and behaviors
 - Improved mood and impulse control
 - Improved alertness, memory, attention, and cognitive processing skills.
 - Improved academic performance that may be twice as great in disadvantaged students
 - Reduced tardiness, truancy, and drop-out rates
 - Improved athletic performance
 - Reduced risk of obesity, eating disorders, and diabetes
 - Stronger immune system
 - Reduced risk of stimulant and other substance abuse, and high-risk health behaviors especially during early unsupervised hours in the afternoon.
 - Reduced delinquency
 - Fewer car crashes and better psychomotor performance
 - Increased visibility during commutes to school
 - Long-term economic benefit. A recent report published by the Brookings Institution predicts that starting high schools one hour later would result in roughly \$17,500 in increased future earnings per student in present value - a benefit:cost ratio of at least 9:1.

The Northeast Wisconsin Mental Health Connection is a nonprofit membership organization that exists to improve the mental health system of care in Northeast Wisconsin. Using a framework of collective impact, The Connection works to bring cross-sector organizations together to focus on a common agenda that results in long-lasting change. For more information, visit <http://www.newmentalhealthconnection.org>

Healthy Teen Minds is grant-funded initiative of The Connection aimed at improvement the mental health of teens in Calumet, Outagamie and Winnebago counties using data-driven, population-level strategies.

