

While the National Institutes of Health estimates that teenagers need at least nine hours of sleep per night, only 9 percent of high school students are actually meeting these recommendations. Even more alarming is the fact that a whopping 20 percent are getting by on less than five hours per night.

Though sleep is arguably most critical during the teen years, teenagers are the least likely of any age group to be getting sufficient rest. Over 90 percent of American high school students are chronically sleep-deprived, according to a 2014 survey.

Sources

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Sleep Deprivation

-A sufficient lack of restorative sleep over a cumulative period so as to cause physical or psychiatric symptoms and affect routine performance of tasks

-<http://medical-dictionary.thefreedictionary.com/>

Lack of sleep is linked with many other health problems for teen, including obesity, car accidents, depression, and a drop in school performance.



Insufficient sleep has been shown to cause difficulties in school, including disciplinary problems, sleepiness in class and poor concentration.

Tired teens are more likely to make poor decisions and take more risks.

Benefits of good sleep:

- 1) Better memory
- 2) Better overall health
- 3) Less pain
- 4) Lower risk of injury
- 5) Better mood
- 6) Better weight control
- 7) Clearer thinking
- 8) Stronger immunity
- 9) Safety while driving
- 10) Improved productivity at school and work

