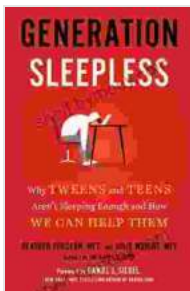


Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them

In today's fast-paced world, it's more important than ever for tweens and teens to get enough sleep. Sleep is essential for their physical and mental health, and it can help them perform better in school and in extracurricular activities.

Unfortunately, many tweens and teens are not getting enough sleep. A study by the National Sleep Foundation found that only about one in three teens gets the recommended 8-10 hours of sleep per night.



Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them

by Heather Turgeon

★★★★★ 5 out of 5

Language : English
File size : 7510 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 299 pages

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There are a number of factors that can contribute to sleep deprivation in tweens and teens, including:

- **School schedules:** Many tweens and teens have early school start times, which can make it difficult for them to get enough sleep on school nights.
- **After-school activities:** Many tweens and teens participate in after-school activities, such as sports, clubs, and music lessons. These activities can keep them busy until late at night, making it difficult for them to get to bed on time.
- **Technology use:** Many tweens and teens spend a lot of time on their phones, tablets, and computers. The blue light emitted from these devices can interfere with sleep.
- **Stress:** Tweens and teens face a lot of stress in their lives, from school to extracurricular activities to social media. This stress can make it difficult for them to fall asleep and stay asleep.

Sleep deprivation can have a number of negative consequences for tweens and teens, including:

- **Physical health problems:** Sleep deprivation can lead to a number of physical health problems, such as obesity, diabetes, and heart disease.
- **Mental health problems:** Sleep deprivation can also lead to a number of mental health problems, such as depression, anxiety, and ADHD.
- **Academic problems:** Sleep deprivation can make it difficult for tweens and teens to concentrate in school and to perform well on tests.

- **Behavioral problems:** Sleep deprivation can also lead to behavioral problems, such as irritability, aggression, and hyperactivity.

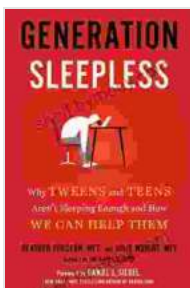
If you are concerned that your tween or teen is not getting enough sleep, there are a number of things you can do to help them:

- **Talk to your child about sleep:** Talk to your child about the importance of sleep and how much sleep they need. Encourage them to set a regular sleep schedule and to stick to it as much as possible, even on weekends.
- **Create a relaxing bedtime routine:** Help your child create a relaxing bedtime routine that includes activities such as taking a warm bath, reading a book, or listening to calming music.
- **Make sure your child's bedroom is dark, quiet, and cool:** These conditions are ideal for sleep.
- **Limit your child's screen time before bed:** The blue light emitted from screens can interfere with sleep, so it is important to limit your child's screen time in the hours leading up to bedtime.
- **Encourage your child to get regular exercise:** Exercise can help your child sleep better at night.
- **Avoid caffeine and alcohol before bed:** Caffeine and alcohol can both interfere with sleep.



- **See a doctor if necessary:** If you have tried the above tips and your child is still not getting enough sleep, see a doctor. There may be an underlying medical condition that is interfering with your child's sleep.

Getting enough sleep is essential for the health and well-being of tweens and teens. By following these tips, you can help your child get the sleep they need to thrive.



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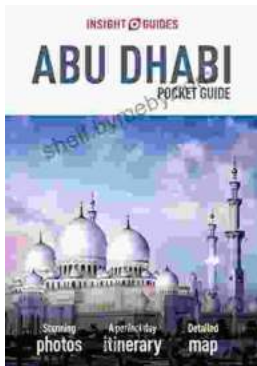
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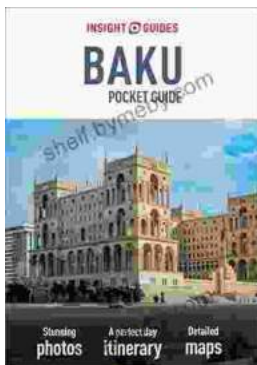
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