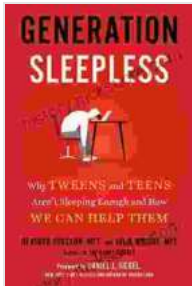


# Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them



## 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  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 299 pages



Tweens and teens are facing a sleep crisis. They're not getting enough sleep, and it's having a negative impact on their health, well-being, and academic performance.

According to the National Sleep Foundation, tweens (ages 9-12) need 9-11 hours of sleep per night, while teens (ages 13-18) need 8-10 hours of sleep per night. However, most tweens and teens are not getting the sleep they need.

There are a number of factors that are contributing to the sleep crisis among tweens and teens, including:

- **Increased academic demands:** Tweens and teens are facing more academic pressure than ever before. They're taking more classes, doing more homework, and participating in more extracurricular activities. This can lead to them feeling stressed and overwhelmed, which can make it difficult to fall asleep at night.
- **Use of electronic devices:** Tweens and teens are spending more time than ever before on electronic devices, such as smartphones, tablets, and computers. The light from these devices can interfere with the production of melatonin, a hormone that helps us to fall asleep.
- **Social media:** Tweens and teens are also spending more time on social media, which can lead to them feeling anxious and depressed. These feelings can also make it difficult to fall asleep at night.
- **Changes in sleep patterns:** Tweens and teens are experiencing changes in their sleep patterns as they go through puberty. These changes can make it difficult for them to fall asleep at night and wake up in the morning.

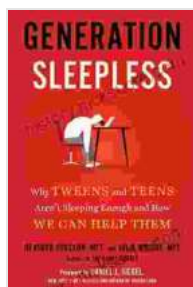
The sleep crisis among tweens and teens is a serious problem. It can lead to a number of health problems, including obesity, diabetes, heart disease, and mental health problems. It can also lead to poor academic performance and risky behaviors.

There are a number of things that we can do to help tweens and teens get the sleep they need, including:

- **Set regular sleep hours:** Encourage tweens and teens to go to bed and wake up at the same time each day, even on weekends.

- **Create a relaxing bedtime routine:** Help tweens and teens to wind down before bed by ng relaxing activities, such as reading, taking a bath, or listening to calming music.
- **Make sure the bedroom is dark, quiet, and cool:** These conditions are ideal for sleep.
- **Limit screen time before bed:** The light from electronic devices can interfere with sleep. Encourage tweens and teens to stop using electronic devices at least an hour before bed.
- **Encourage physical activity:** Exercise can help to improve sleep quality. Encourage tweens and teens to get at least 30 minutes of moderate-intensity exercise most days of the week.
- **Talk to a doctor:** If your tween or teen is having trouble sleeping, talk to your doctor. There may be an underlying medical condition that is causing the sleep problems.

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



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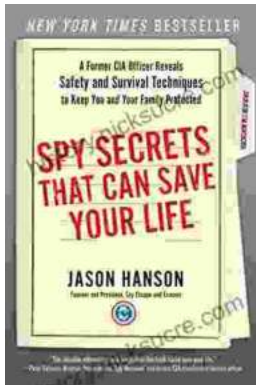
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