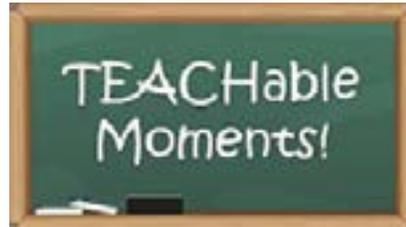




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Know! Sleep Impacts School Success

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:
DrugFreeActionAlliance.org

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For students everywhere, saying goodbye to summer break means also saying goodbye to their summer sleep schedule of staying up late and snoozing until lunchtime. For tweens and teens, this transition is especially challenging. Their body clocks are programmed to stay up later and sleep in later. And while it may be a struggle, sleep is an essential element for school success.

How much is enough? According to the National Sleep Foundation, the updated recommended range for school-age children (ages 6 – 13) is 9-11 hours of sleep; and teens (ages 14-17) are said to need 8-10 hours of sleep.

For many youth, these numbers may seem unrealistic, given their school, work and extra-curricular activities schedule. Try motivating your students to improve their sleep habits with this list of sleep benefits – it just may catch their attention.

Getting the recommended amount of ZZZ's can:

Improve Memory: Whether you're studying for a math test or trying to memorize the steps to a new dance routine, you practice it over and over. But learning does not end when the lights go out. Your mind is surprisingly active during a good night's sleep. It works to absorb those math strategies or dance moves and strengthens your ability to remember them when you awake.

Spur Creativity: If you're having trouble coming up with a creative idea, experts say, "Sleep on it." During a quality night's snooze, the brain reorganizes and restructures your memory, aiding in creativity.

Sharpen Attention: Sleep deprivation affects adults and youth differently. While lack of sleep may cause adults to feel sleepy, it can result in ADHD-like symptoms for youth (aka: slap-happy). Getting the needed amount of sleep helps a student to sit still and focus their attention in school.



Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.

Empowering Parents To Raise Their Children To Be Substance-Free



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Improve Athletic Performance: Yes, games are won on the practice field. But in addition to practice and hard work, a key factor in improving athletic performance is SLEEP! A Stanford University study found that college football players who tried to sleep at least 10 hours a night, over a seven to eight week period, improved their average sprint time, had less daytime fatigue and increased stamina.

Improve Your Mood: Insufficient sleep can leave a person feeling irritable, anxious, short-tempered, depressed, stressed and/or mentally exhausted. No one wants to feel this way or be around someone who acts this way. On the other hand, a good night's sleep increases your chances of getting up on, "the right side of the bed."

Help Control Your Appetite: Sleep and metabolism are controlled by the same part of the brain. Sleep deprived fatigue can trigger an increase of hormones in your blood – the same ones that drive appetite.

Sleep is food for the brain, and when your students' minds are not properly fed with the sleep they need, they may suffer academically, mentally, emotionally and/or physically. While it is not always easy for youth to achieve the nightly recommended hours of sleep, it is imperative that they get as close to it as possible, as many nights as possible.

For tips on achieving healthy sleep, visit: <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>.

Sources: Active Kids: Back to School: Why Your Kids Need Their Sleep. Health: 11 Surprising Health Benefits of Sleep. National Sleep Foundation: How much sleep do we really need?