

Health and Wellness Information for Community Website:

Group Assignment: Teens

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On average, teenagers need 8-10 hours of sleep every night. Sleep is very important for staying healthy as well as maintaining the energy to perform daily activities. A good place to start improving sleep habits is to go to bed and wake up at the same time every day. Consistency helps the body maintain its sleep-wake cycle. The effects of caffeine can last in your body for as long as eight hours. This makes it important to avoid drinking coffee or caffeinated beverages before bed so that it is easier to fall asleep. Another way to help facilitate sleep is to avoid electronics for about an hour before bed. The brain has a tendency to see the bright artificial lights from electronics as a signal that its time to be awake, so turning off electronics and resting in a dark environment will send signals to the brain that promote sleep.

References

- U.S. Department of Health and Human Services. *Sleep Deprivation and Deficiency*. National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>.
- U.S. Department of Health and Human Services. (2016, December 1). *Take Charge of Your Health: A Guide for Teenagers*. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers#sleep>.