

# Tremendously Tired Teenagers

By: Jessica Niehoff

Imagine this, you hear your alarm go off in the morning and roll over in bed and hit the snooze button so you can get just 10 more minutes of sleep before you have to start your day. Well



then 10 minutes goes by and your alarm goes off and you get up and start getting ready for school. However, you know that both your mind and body are still tired and are telling you to go back to bed and you are not ready to start your day. This is the reality every single day for high school students.

The amount of sleep deprived teenagers is only rising which becomes dangerous to not only them but to the lives of those around

them as well. Lack of sleep has many negative consequences and this is alarming considering that many teens are now suffering from sleep deprivation.

On average the CDC recommends that high schoolers should average between 8-10 hours of sleep each night. However the Nationwide Children's Hospital found that teens average out to only 7 hours of sleep each night, lower than what is recommended for teens to be fully functioning and ready to learn the next day. It is crucial for teens to get the sleep they need as they are growing. When high school students go to school sleep deprived they will not be able to retain the information they learned, therefore, this leads them struggling in school and a decrease in their grades. This being said teens should not stay up all night studying or doing homework as a full night sleep is much more beneficial and will allow them to remember the information they will learn the next day.

Not only will sleep deprived students see a downfall in their grades if they continue to not get enough sleep, they will also put their lives in danger. A study done in 2012 by JAMA Internal Medicine found that about

1 in 10 car crashes are caused by sleep deprived young people. As a new driver it is already hard enough to focus on the road and drive through morning traffic now imagine being sleep deprived and struggling to not fall asleep at the wheel. Sleep deprivation in teens, and especially new drivers, puts the lives of many in danger. Whether it being in the morning or night, teenagers need to be honest and find another ride if they feel they are too tired to drive, therefore they are not risking their lives or anyone else's on the road. In order to help this as well, when driving to school teens should wake up a little earlier so that they are more awake and attentive when driving.

There are many causes for the more commonly seen sleep deprivation in teens. One of the most obvious reasons for sleep deprivation in teens is technology. Technology is one of the main reasons why teens are unable to get all of the sleep that they need. Teens spend too much time scrolling through social media or watching Netflix at night rather than trying to go to sleep. Another main reason teens are sleep deprived is school. With loads of homework to do it can keep you up all night if you have other activities outside of school that you do. Teens are staying up all night finishing their assignments instead of getting the sleep that they need to be fully functioning at school the next day. Stress and anxiety, which can be caused both by social media and school, also can cause sleep deprivation and make teens feel like they are unable to go to sleep at night.

Sleep deprivation is a serious problem seen constant in teens nowadays. There are possible solutions to this problem such as incorporating later start times in school even starting just an hour later at 9:00 am could make a dramatic difference in the health of teens. Whatever the solution may be it is sure that sleep deprived teens must decrease.