

SLEEP SMARTER. PERFORM BETTER.



HOW SLEEP DEPRIVATION AFFECTS YOUR HEALTH AND THE HEALTH OF YOUR FAMILY

Establishing and maintaining good sleep habits helps kids fall asleep, stay asleep, and wake up rested and refreshed.

Everything is affected by how much sleep kids get – their mood, their motivation, what they eat, and how they interact with family and friends. Getting better sleep leads to better performance in the classroom, on the field and in life. Kids are more focused, concentrate better and behave better¹. Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior that impair academic achievement.

Share this resource with students and their parents these facts about a good night's sleep and the effect sleep deprivation can have on their health.

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at HealthierGeneration.org/SmarterSleep

#SmarterSleep



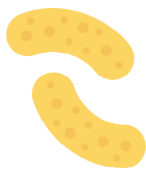
sleep  number.

SLEEP IS AS IMPORTANT FOR HEALTH AS FOOD AND PHYSICAL ACTIVITY

LACK OF SLEEP LEADS TO ^{2,6}

Decreased immunity

**3X
MORE
LIKELY
TO GET
A COLD**



Increased risk for:

Dementia
Anxiety & Depression



Irritability
Forgetfulness

Increased risk for high blood pressure and heart disease



LACK OF SLEEP AFFECTS OUR



Judgement



Mood



Memory



Health



Relationships



Productivity

KIDS WHO ARE SLEEP-DEPRIVED ARE AT RISK FOR¹

Obesity

**THEY ARE NOT AS PHYSICALLY ACTIVE³
THEY EAT MORE CALORIES⁴ AND
CRAVE SUGAR, FAT AND SALT**

Diabetes



Anxiety & Depression



Injuries



DROWSY DRIVERS

1. Can't pay attention to the road as well
2. Have slower reaction times
3. Can't make good decisions as easily⁷



In 2013, the National Highway Traffic Safety Administration estimates drowsy driving was responsible for:

**72,000
CRASHES**

**44,000
INJURIES**

**800
DEATHS**

Blood Alcohol Content (BAC) of 0.08 is considered drunk⁶

1. Awake for 18 hours is like having a BAC of 0.05
2. Awake for 24 hours is like having a BAC of 0.10

References:

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4. American Heart Association. (2015, May 5). Irregular Sleeping Pattern May Affect How Teens Eat. Retrieved from <http://newsroom.heart.org/news/irregular-sleeping-pattern-may-affect-how-teens-eat>
5. Johns Hopkins Medicine. The Effects of Sleep Deprivation. Retrieved from <https://www.hopkinsmedicine.org/health/healthy-sleep/health-risks/the-effects-of-sleep-deprivation>
6. National Sleep Foundation. Drowsy Driving vs. Drunk Driving: How Similar Are They? Retrieved from <https://sleepfoundation.org/sleep-topics/drowsy-driving-vs-drunk-driving-how-similar-are-they>
7. Centers for Disease Control and Prevention. (2017, November 7). Drowsy Driving: Asleep at the Wheel. Retrieved from <https://www.cdc.gov/features/dsdrowsydriving/index.html>