

Adolescent Sleep in Crisis

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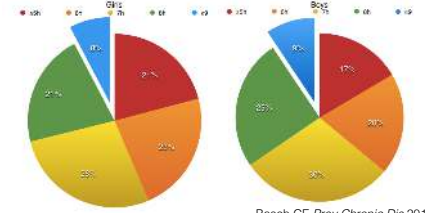
- There are no conflicts of interest.

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Our goals today

- Review how few teenagers are getting enough sleep, and why
- Discuss the effects of chronic sleep deprivation in teenagers
- Examine the historical reasons which have lead us here
- Review the importance of starting schools later, and the difficulties associated with achieving this

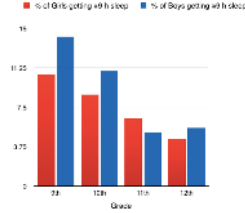
Less than 10% of teens get adequate sleep.



Basch CE Prev Chronic Dis 2014

There are many serious consequences to chronic sleep deprivation

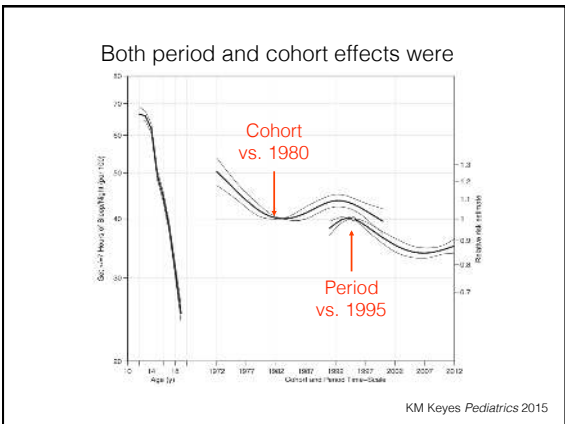
As students proceed through high school, they become more and more sleep deprived



Basch CE Prev Chronic Dis 2014

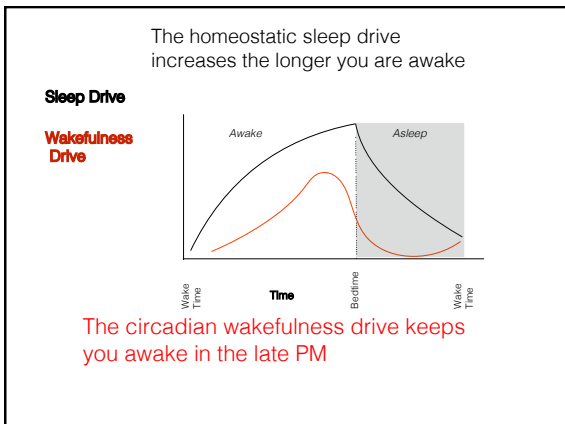
Are we in a “Great Sleep Recession”?

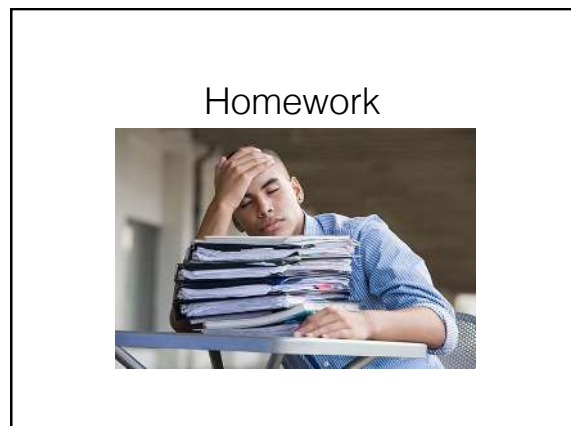
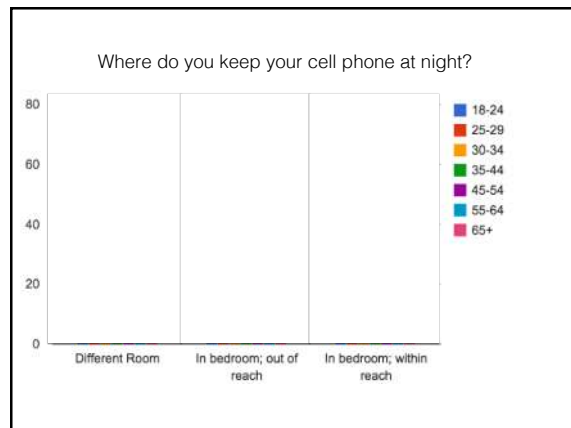
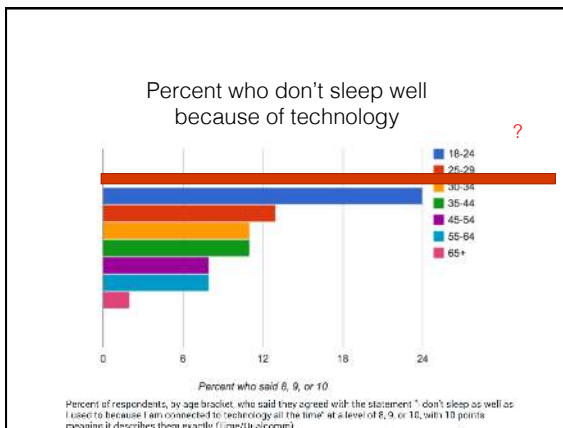
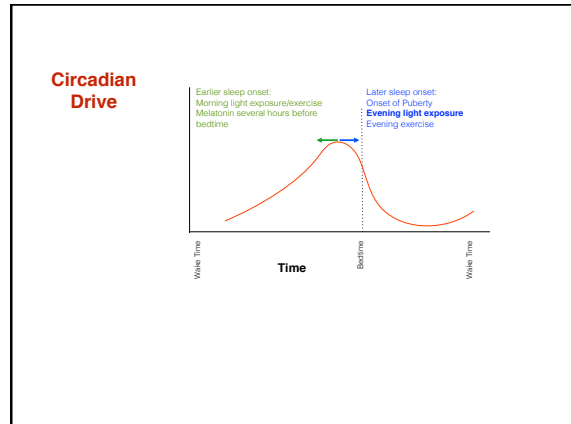
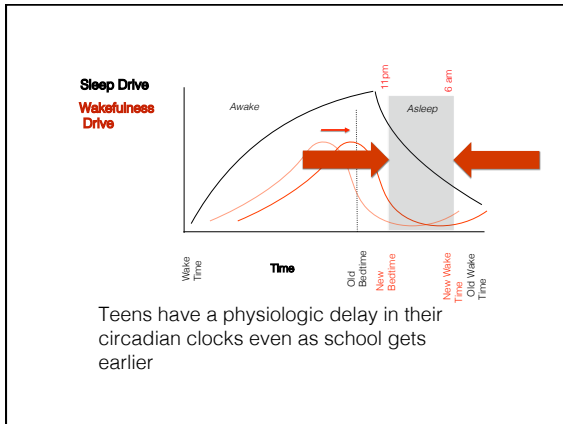
KM Keyes Pediatrics 2015

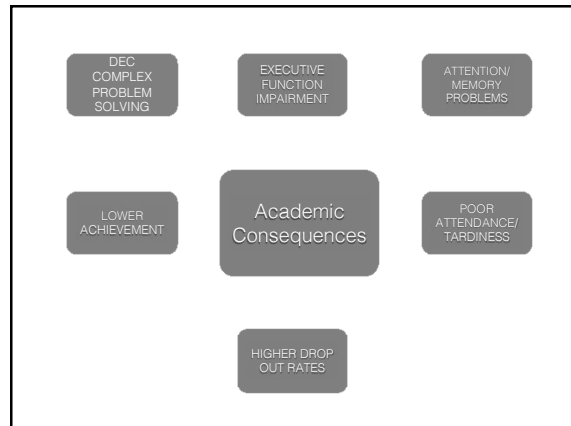
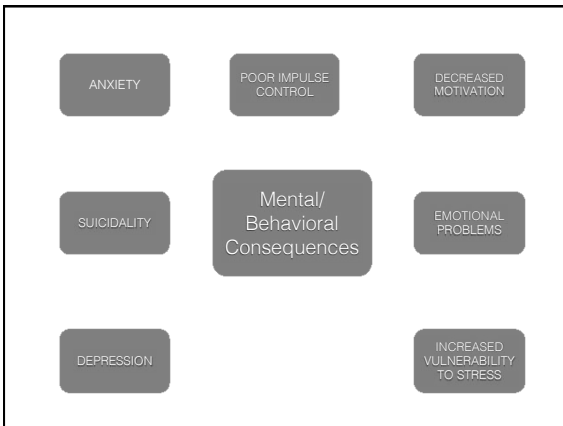
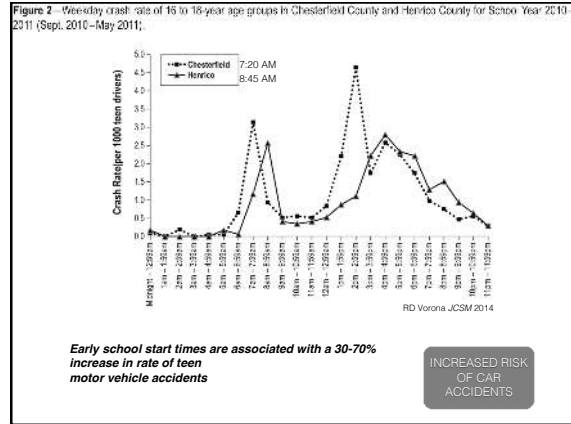
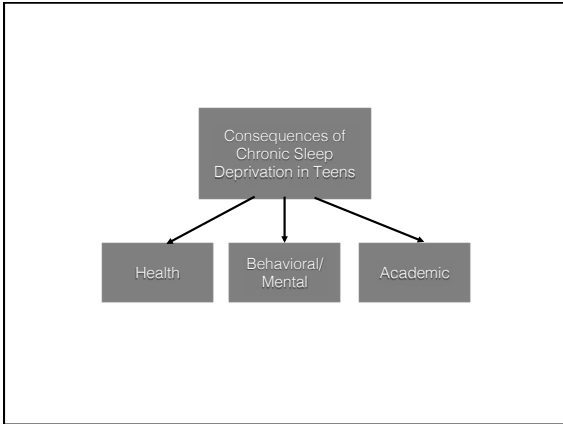


- Some concerning trends were noted as well
- Girls less likely than boys to get ≥ 7 hours of sleep
 - Minority students, urban students, lower SES students got less sleep
 - BUT minorities and low SES more likely to self-report adequate sleep

- ## Why are teens so sleep deprived?
1. Circadian biology
 2. Screens
 3. Homework
 4. School start times







School Start Times are TOO EARLY

"...if you knew that in your child's school there was a toxic substance that reduced the capacity to learn, increased chances of a car crash and made it likely that 20 years from now he would be obese and suffer from hypertension, you'd do everything possible to get rid of that substance and not worry about cost. Early start times are toxic."

Judith Owens, Dir of Sleep Med, Children's Nat'l Med Ctr, Wash D.C.

In 2014, the American Academy of Pediatrics recommended that high school start times be no earlier than 8:30 AM