

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Nebraska College Preparatory Academy Senior
Capstone Projects

Nebraska College Preparatory Academy

2019

Teens and sleep

Henry Buscher

Follow this and additional works at: <https://digitalcommons.unl.edu/ncpacapstone>



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Other Education Commons](#), and the [Secondary Education Commons](#)

This Article is brought to you for free and open access by the Nebraska College Preparatory Academy at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska College Preparatory Academy Senior Capstone Projects by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



Teens and sleep

Henry Buscher

Nebraska College Preparatory Academy

Grand Island Senior High School 2019

University of Nebraska-Lincoln

Abstract

Sleep is a very important part of the day for everyone. There are many reasons why people should be striving to get the sleep they need. However, many people are skipping out on an hour or two of the recommended time. This presentation is focused on teenage students, how their loss of sleep affects them and why they aren't getting the amount of sleep they need.

Key Points

- Teens aged 13–18 should sleep 8–10 hours per day, and 72.7% of high school students don't get this amount.
- Many negative effects of sleep deprivation.
- Having a normal sleep schedule is just as important as getting enough sleep.
- Light plays a big role in resetting our sleep rhythm.
- Final hours of REM sleep are most important for retaining information.
- On average as children get older they begin to go to sleep later, with the same wake up time.
- Students don't go to sleep earlier for earlier wake up times.

Conclusions & Discussion

While it is not very noticeable, with over 50% of teens being affected by sleep deprivation it is definitely a huge problem that needs a solution. While it is mostly up to the individual and how they prioritize their own sleep, schools should try different schedules that allow for students to get more sleep. Further research should be done to compare just how differently adults react to sleep deprivation compared to teenagers.

Works Cited

- Loessi, B., Valerius, G., Kopasz, M., Hornyak, M., Riemann, D., & Voderholzer, U. (2008). Are adolescents chronically sleep-deprived? An investigation of sleep habits of adolescents in the Southwest of Germany. *Child: Care, Health & Development*, 34(5), 549–556. <https://doi.org/10.1111/j.1365-2214.2008.00845.x>
- Buboltz Jr, W. C., Brown, F., & Soper, B. (2001). Sleep Habits and Patterns of College Students: A Preliminary Study. *Journal of American College Health*, 50(3), 131. <https://doi.org/10.1080/07448480109596017>
- Wheaton, A. G., Jones, S. E., Cooper, A. C., & Croft, J. B. (2018, January 26). Short Sleep Duration Among Middle School and High School Students - United States, 2015. *MMWR: Morbidity & Mortality Weekly Report*, 67(3), 85–90. <https://doi.org/10.15585/mmwr.mm6703a1>
- Holzman, D. C. (2010). What's in a Color? *Environmental Health Perspectives*, 118(1), A22–A27. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,cookie,cpid&custid=nebstlib&db=8gh&AN=48748759>