

parents of teens: recognize the

signs & symptoms

of sleep deprivation and sleep problems

have you noticed that...

- 1) Your teen has difficulty waking in the morning for school and yawns frequently throughout the day
- 2) Your teen is continuously late for class and has trouble getting out the door in the morning
- 3) Your teen can't seem to get through the day without drinking caffeinated beverages like coffee and cola
- 4) Your teen is having difficulty in school, or a teacher notices that he/she falls asleep in class periodically
- 5) Your teen is irritable, anxious and gets angry easily on days when he/she gets less sleep
- 6) Your teen runs from one activity to the next – he or she participates in extra-curricular activities, has a job, and stays up late doing homework every night, cutting into sleep time
- 7) Your teen takes naps during the week for more than 45 minutes and “sleeps in” for two hours or longer on the weekends than on school nights