

ALARMING FACTS ABOUT SLEEP DEPRIVATION

Main causes of sleep deprivation

- **Lifestyle—poor time management, over scheduling, stress, processed food diet, lack of exercise, overweight/obesity, excessive caffeine**
- Medical disorders—obesity, sleep apnea, insomnia, restless legs syndrome, night terrors
- Medications—ADHD meds, antihistamines, allergy and respiratory meds, birth control hormones, blood pressure meds, antidepressants
- Drugs—alcohol, nicotine, caffeine, cocaine, methamphetamines

On average, kids today sleep 1 hour less than kids thirty years ago.

Half of American adolescents sleep less than 7 hrs.

High school seniors average 6.5 hours.

Only 5% of high school seniors sleep at least 8 hours.

Effects of sleep deprivation on kids:

1. **Build fewer brain cell connections. Impaired brain development.**
2. **Impaired growth and development of entire body--organs, bones, muscles, nervous system.**
The body grows during deep sleep (stage 3). Kids spend 40% of sleep in stage 3, adults only 4%.
3. **Impaired ability to concentrate, resulting in behavior problems, incorrect diagnosis of ADD/ADHD and learning disabilities.**
4. **Impaired motor skills.**
5. **Increased body fat.** Sleep deprivation doubles the risk of obesity, both in children and adults.
More ghrelin, the hormone that makes you feel hungry, is produced. Less leptin, the hormone that makes you feel full, is produced. Overeating often results. Also, more cortisol and less growth hormone are released, resulting in more body fat and less muscle.
6. **High blood pressure (hypertension).**
7. **Increased risk of heart attack.**
8. **Increased risk of stroke.**
9. **Increased risk of heart failure.**
10. **Binge eating.** Eating large amounts of food, especially junk food, in an attempt to cope with the physical, emotional and mental imbalances caused by sleep deprivation. \
11. **Type 2 Diabetes.** Cells become insulin-resistant, so blood sugar levels become abnormally high, creating conditions for Type 2 diabetes.
12. **Poor decision-making.** The prefrontal cortex, the part of the brain that weighs consequences and plans for the future, is deprived of glucose (blood sugar), so it doesn't function well. This results in impulsivity and poor judgement.
13. **Moodiness, depression, anxiety.**
14. **Reduced cognitive ability (thinking).** 1 hour of sleep loss results in IQ drop of 2 grade levels, or 7 IQ points. This is the same as having lead poisoning.
15. **Impaired learning.** Information and skills learned during the day are stored in long-term memory during sleep.
16. **Lower grades.** Studies have shown that for every 15 minutes less sleep, grades drop one letter grade.
17. **Stress.** Sleep deprivation puts entire system in a state of stress.
18. **Accidents, injuries, car accidents.**

I have read this information about the effects of sleep deprivation on children.

_____ (parent signature)

Comments (optional):