



www.tyredd.com



Clayton Sleep Institute

www.claytonsleep.com

Who Drives Drowsy

- 52% of 30-64 year olds,
- 19% 65+
- 71% 18-29 year olds,
 - 51% of adolescents who drive report that they have driven drowsy in the past year

16% of 11th graders and **20%** of 12th graders drive **drowsy** once a week or more

Signs of Drowsy Driving

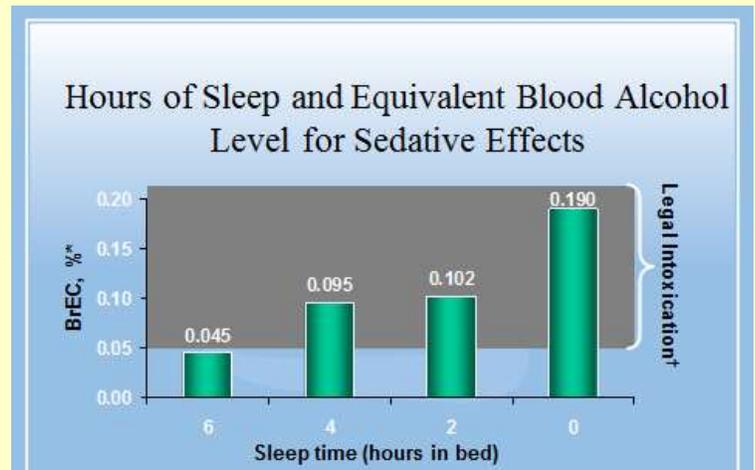
- Difficulty focusing
- Frequent blinking
- Daydreaming at the wheel
- Drifting from your lane
- Swerving or tailgating
- Can't remember last few miles driven
- Yawning and head snaps
- Missing exits or traffic signs

Counter Measures

- Watch for the warning signs of fatigue
- Get sufficient sleep
- If sleepy
 - Consume 200 mg of caffeine and take a 20-30 minute nap

How much sleep should teens get each night?

Although the actual amount of sleep necessary may vary from individual child. The American Academy of Sleep Medicine recommends that the average teen between ages of 13-18 years of age averages **9-10** hours of sleep each night. Teens should maintain enough sleep to awaken refreshed on their own. The necessity for a parent or alarm clock to awaken a child indicates that your child has not received enough sleep.



Auto crashes leading cause of death for teens

16-year-olds are involved in more than **5x** as many fatal crashes per mile driven as are adults.

100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated **1,550** deaths, **71,000** injuries, and **\$12.5** billion in monetary losses

Sleep and Grades

Good sleep

- Prepares brain to take in new information.
- Learn new tasks faster.
- Retains newly learned information.

National Sleep Foundation reported that "A" students on average Sleep

- 15 min more than B students
- 26 min more than C students
- 36 min more than D students
- Roughly one less TV show a night may significantly improve your child's school performance.

ADHD and Sleep

Many research studies suggest that at least **50%** of all people with ADHD, actually are not getting enough sleep. This is due either because of too little sleep or their sleep is disrupted because of an undiagnosed sleep disorder. Improving their sleep is shown to resolve their ADHD without the use of medications.

Advantages of Sleep

Poor quality sleep leads to

- Impairs immune system
- Haggard appearance
 - Ages prematurely
 - Dark circles
 - Causes wrinkles, acne breakouts
- Stunted growth
- Slows reaction time
- Decrease ability to think
 - Problem solving and abstract thought
 - Attention/memory
 - creativity
 - Impaired judgment
- Decreased coordination
- Hinders athletic performance
- Depression, crabby or irritable

Sleep Tips

- Make sleep a PRIORITY!!!
- Establish a consistent bedtime habit.
- 10-11 hours of sleep
- Bedtime same every night
- Encourage relaxing, non-alerting activity such as reading
- Avoid excitement or physical activity 60 minutes before bedtime
- Set clear expectations regarding bedtimes.
- Keep the electronics out of the bedroom
- Computers, TVs, video games and cell phones all disturb sleep
- Avoid caffeine, especially after noon.
- Avoid late naps.
- Do not exercise within 4 hours of bedtime
- Keep the bedroom quiet and dark

Possible Sleep Disorder

Sometimes getting a full night sleep is not enough. At least 20% of all children suffer from some form of sleep problem and as high as 1/3rd of elementary aged kids have a sleep complaint

Sleep Apnea-

snoring may indicate that your child's breathing is interrupted during their sleep leading to disturbed sleep.

Restless Legs/Periodic Limb Movements-

A creepy, crawling, irritable feeling in legs or jerking legs and/or arms during sleep.

Sleep Walking/Talking

Unusual behaviors during sleep like sleep walking, talking or bed wetting often are indicators of disrupted sleep.

Insomnia

Sometimes due to various reasons your child is unable to fall asleep or stay asleep.