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ENGL 21003

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### Audience Receptions

Audience 1: High school age adolescents

- Poster

Audience 2: Parents

- News Post

## Planning to sleep in this weekend? Remember, lost sleep **CANNOT** be made up.

Studies have shown that sleeping to later hours on weekends, or inducing a “social jetlag,” does not mean you are gaining more sleep.<sup>1</sup> You are, as it happens, sleeping the proper amount.

But, the effects of not sleeping enough during the week **cannot be reversed**.



Actually, **YES**. Although school may start early, there are other ways to make sure you get the right amount of sleep daily.

- ✓ **Follow a schedule.** Managing your school work with extracurricular activities and other obligations will ensure you go to bed and wake up at the same time every day.
- ✓ **Take a nap.** If you feel tired but have work to do, instead of being drowsy in class tomorrow, take a nap after school.
- ✓ **Build better sleeping habits.** Small changes like avoiding caffeine and blue light at night can make it easier to fall asleep when you get to bed.

Take these steps now, and your body is sure to thank you later.

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<sup>1</sup> Putilov, A., & Verevkin, E. (2018). Simulation of the Ontogeny of Social Jet Lag: A Shift in Just One of the Parameters of a Model of Sleep-Wake Regulating Process Accounts for the Delay of Sleep Phase Across Adolescence. *Frontiers in Physiology*, 9, 1529.

## SCHOOL TIMES DETRIMENTAL TO ADOLESCENTS?

Children never seem to want to sleep early, and the problem only seems to get worse as they grow up. They stay up entertaining themselves, or finishing work last minute at the expense of their school grades. Then, they waste every weekend sleeping in.

But, what if the problem was not your teen?

The **circadian rhythm** is a natural clock that determines when people are able to sleep and wake up. The consequences of not following a circadian rhythm include **daytime sleepiness, problems with school performance, attention deficiency and hyperactivity, and mood disturbances.**<sup>1</sup> Your teen tends to sleep later because the circadian rhythm of adolescents tends to be later than other age groups and have longer durations.<sup>2</sup>

**Social jetlag**, the time difference between when someone sleeps during the week versus on the weekend, supports this phenomenon. Teenagers often sleep to later times on the weekends when they are not forced to wake up for school. Rather than “making up” the sleep, though, they are actually **sleeping according to their circadian rhythms.**<sup>3</sup> Alarm clocks prevent them from doing so during the week as well.

The **benefits** of sleeping in accordance with one’s circadian rhythm are numerous. Among other things, **executive function is improved**, so your teen’s grades are bound to go upward if they are free to sleep when they choose to, and **decision-making skills are speculated to improve** as well.<sup>4</sup>

So, what is preventing teenagers from sleeping with the natural clock? School, of course, starts at 8:00 am, and the situation can get more dire if your student commutes. Do not lose hope yet, though, because there are other ways you can help your teen have a better night’s sleep.

1. **Encourage your teens to follow a schedule.** This skill is not only useful for gaining time to sleep, but will help your children throughout their lives. By balancing times for all their activities, teens will be able to maintain a constant bed time as well as remove any stress that can prevent them from doing so. Try to make sure this schedule extends into the weekend as well.
2. **Give your children flexibility on when to go to bed.** Although you mean well, telling them when to sleep and wake up can be more harmful than helpful. Their natural clock already helps them with that. However, this is not to say to disregard their habits completely; refer to step 1.
3. **Support a later school day.** There are numerous petitions online for moving school times so they are not so early. If you are feeling so inclined, speaking to school officials about when to begin class can make schools a better place for everyone.

Taking these steps will not only help your kid in school, but they are bound to **improve your kid’s health and overall wellbeing.** Schools have been due for reforms. Your work can be the first step in this upcoming movement.

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<sup>1</sup> Millman, Richard P. (2005). Excessive sleepiness in adolescents and young adults: Causes, consequences, and treatment strategies (Technical Report). *Pediatrics*, 115(6), 1774-86.

<sup>2</sup> Putilov, A., & Verevkin, E. (2018). Simulation of the Ontogeny of Social Jet Lag: A Shift in Just One of the Parameters of a Model of Sleep-Wake Regulating Process Accounts for the Delay of Sleep Phase Across Adolescence. *Frontiers in Physiology*, 9, 1529.

<sup>3</sup> Crowley, S., & Eastman, C. (2018). Sleep and the Forbidden Zone: Trouble for Teens. *SLEEP*, 41, A96.

<sup>4</sup> Hahn C., Cowell J.M., Wiprzycka U.J, et al. (2012). Circadian rhythms in executive function during the transition to adolescence: The effect of synchrony between chronotype and time of day. *Dev Sci*, 15(3), 408–416. doi:10.1111/j.1467-7687.2012.01137.