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