

# HOW SLEEP DEPRIVATION AFFECTS YOUR HEALTH AND THE HEALTH OF YOUR FAMILY

Establishing and maintaining good sleep habits helps kids fall asleep, stay asleep, and wake up rested and refreshed.

Everything is affected by how much sleep kids get – their mood, their motivation, what they eat, and how they interact with family and friends. Getting better sleep leads to better performance in the classroom, on the field and in life. Kids are more focused, concentrate better and behave better<sup>1</sup>. Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior that impair academic achievement.

Share this resource with students and their parents these facts about a good night's sleep and the effect sleep deprivation can have on their health.



## SLEEP IS AS IMPORTANT FOR HEALTH AS FOOD AND PHYSICAL ACTIVITY

#### LACK OF SLEEP LEADS TO 2,6 .....

**Decreased immunity** 



**Increased risk for:** 



Irritability
Forgetfulness

Increased risk for high blood pressure and heart disease



#### LACK OF SLEEP AFFECTS OUR







Mood



Memory



Health



**Relationships** 



**Productivity** 

### KIDS WHO ARE SLEEP-DEPRIVED ARE AT RISK FOR<sup>1</sup>

**Obesity** 

THEY ARE NOT AS PHYSICALLY ACTIVE<sup>3</sup>
THEY EAT MORE CALORIES<sup>4</sup> AND
CRAVE SUGAR, FAT AND SALT

**Diabetes** 

**Anxiety & Depression** 



**Injuries** 



#### **DROWSY DRIVERS**

- 1. Can't pay attention to the road as well
- 2. Have slower reaction times
- **3.** Can't make good decisions as easily<sup>7</sup>



In 2013, the National Highway Traffic Safety Administration estimates drowsy driving was responsible for:

**72,000** CRASHES

**44,000** INJURIES

800 DEATHS Blood Alcohol Content (BAC) of 0.08 is considered drunk<sup>6</sup>

- Awake for 18 hours is like having a BAC of 0.05
- 2. Awake for 24 hours is like having a BAC of 0.10

#### **References:**

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