



Teens and Sleep - More Important Than You May Think

When you look at an average teen's schedule, most teens don't go to bed weeknights before 11pm, which is normal due to their biological sleep patterns. Sleeping in on the weekends can help them catch up on sleep, but it can also create an irregular sleep pattern that can hurt their quality of sleep. According to the National Sleep Foundation most teens are not getting the required 8-10 hours of sleep every night, which can lead to sleep disorders such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.



If you think of sleep as food for the brain, the lack of sleep can impair their functioning on a daily basis. We all know as adults that lack of sleep can cause irritability and not being able to concentrate at work. Combine that with a teen's fluctuating hormone levels and it can lead to some drastic changes in behavior.

Lack of sleep or having sleep difficulties can lead to the following consequences:

- Limit your ability to listen, learn, concentrate and solve problems. You may even forget important information like names, numbers, homework assignments, test/quiz information which can lead to poor grades
- Cause breakouts and pimples contributing to acne and other skin problems
- Lead to aggressive or inappropriate behavior such as yelling at friends or being impatient with teachers or family members
- Cause cravings for unhealthy foods like sweets and fried foods that lead to weight gain
- Heighten the effects of alcohol and possibly increase use of caffeine and nicotine
- Contribute to illness, depression, driving drowsy
- Contribute to poor decision making not being able to think through scenarios and/or issues

Research shows that lack of sleep affects mood and a depressed mood can lead to lack of sleep. To combat this vicious cycle, sleep experts recommend that teens prioritize sleep and focus on healthy sleep habits. Teens can start by getting 8 to 10 hours of sleep they need each night, keeping consistent sleep and wake schedules on school nights and weekends.

"If parents and teens know what good sleep entails and the benefits of making and sticking to a plan that supports good sleep, then they might re-examine their choices about what truly are their 'essential' activities", says Dr. Mary Carskadon, Director of Chronobiology/Sleep Research at Bradley Hospital and Professor of Psychiatry and Human Behavior at Brown University/Medical School. "The earlier parents can start helping their children with good sleep habits, the easier it will be to sustain them through the teen years".

In next month's newsletter, we will offer ideas and ways to talk with your teen about getting the sleep they need.

FHHS 7th Annual Essay Contest Awards Luncheon



Click [HERE](#)
for the names of this year's contest
finalists!

An award's luncheon was held on Thursday, February 21st for finalists and their families to learn where they had placed in this year's essay contest. Judges read through 218 essays and chose 16 Honorable Mention recipients along with the top three winners.

As students' names were read, they were asked to read a few paragraphs that embodied the message of their composition. Faith Shannon (1st place), and Mikayla Anderson (3rd place) read their full essays and left the audience in awe of their writing talent. Coalition Director Shelly Mowrey read the essay written by Anya Feyrer-Melk, who placed 2nd in the contest.

Thank you to all of our sponsors, English department and The Hills' Pizza and Desserts for their support in making the Essay Contest a success once again!

Text-A-Tip Program Is Now P3 TIPS

A reminder that Text-A-Tip is now P3 Tips. The smartphone app replaces the former Text-A-Tip program that was launched for the community by the Coalition in 2010.

P3 Tips is now available to be used for anonymous tips to the Maricopa County Sheriff's Office. The application-based format allows residents to take advantage of new options yet remain anonymous.

The P3 app is user-friendly and provides categories to report suspicious activity. The app also features an option to review and update existing tips among others.

Soon the Coalition will be informing students of the changes so that they can continue to use P3 Tips for any drug-related or suspicious activity on campus.



For directions on how to download
the mobile app
[CLICK HERE](#)

