



AMPHITHEATER

P u b l i c S c h o o l s

Sleep Research

September 13, 2016

American Academy of Pediatrics

American Academy of Sleep Medicine Guidelines for sleep:

- Children 3 to 5 should sleep 10 to 13 hours of sleep
- Children 6 to 12 should sleep 9 to 12 hours of sleep
- Teenagers 13 to 18 should sleep 8 to 10 hours



The Benefits of Sleep Improve

- Attention
- Behavior
- Learning
- Memory
- Emotional regulation
- Quality of life
- Mental and physical health



AAP Recommendations to Combat Sleep Deprivation

- Educating teens and parents about healthy sleep habits including media curfews
- Educating parents, educators, coaches, and others about biological and environmental factors that contribute to insufficient sleep
- Push back the start of school to give children more time to sleep



AAP findings and suggested school start times

- 40 percent of high schools start before 8:00 a.m.
- 15 percent of HS start at 8:30 a.m. or later
- AAP urges middle and high schools to aim for start times that allow students to receive 8.5 to 9.5 hours of sleep



Questions?

