**GCCHM Leadership Certification**

**Level IX, Course #6**

**WHY ARE TEENAGERS SO SLEEP-DEPRIVED?**

**Linda Mei Lin Koh, GC Children’s Ministries**

**(Handouts)**

1. Circle True or False for each of the statements**:**

T or F Teenagers are more awake at midnight than at dinner and left alone would

sleep until ten or eleven.

T or F The normal circadian rhythm for 15-22-year-olds is in the same time zone with

the rest of adults.

T or F. We need to adjust the environment instead of asking teenagers to adjust their

physiology.

T or F. Teenagers don’t need to make up sleep during the weekend because they get

enough hours during the week.

1. Which of the following is NOT a distraction that keep teens up at night?
2. Facebook
3. Twitter
4. Midnight snacks
5. Instagram
6. YouTube
7. Check the correct answer

Electronic devices should be turned off how many hours or minutes before bed?

\_\_\_\_\_\_\_ 10 min

\_\_\_\_\_\_\_ 6 hours

\_\_\_\_\_\_\_ 1 hour

1. Check the correct answer

There’s a program/app that can help remove the stimulating blue light from your screen at night to help you sleep better.

\_\_\_\_\_\_\_the f.lux program

\_\_\_\_\_\_\_ Dimly,

\_\_\_\_\_\_\_Twilight

1. Is it safe for teens to take melatonin to help with sleep?

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1. Adolescents are prone to \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on a tight schedule to help self-regulate or stay awake.
2. Dr. Van Gilder says he’s seen adolescent bedtimes pushed back an \_\_\_\_\_\_\_to an \_\_\_\_\_ \_\_\_\_\_ over the years since teens started doing their homework on computers.
3. According to the Journal of Adolescent Health research, 59% of adolescents sleep an average of \_\_\_\_\_\_\_ hours or less on school nights.
4. How can parents set a good example for sleep habits? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
5. How can you encourage the teens and parents in your churches, communities with hectic schedules? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**