

SUFFICIENT SLEEP DURING ADOLESCENCE IS PREVENTION

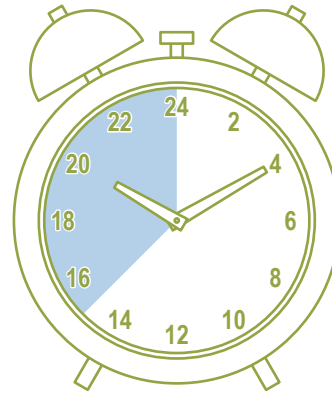
MOUNTAIN PLAINS PREVENTION TECHNOLOGY TRANSFER CENTER

Sleep and Brain Development

Insufficient sleep during adolescence has long-lasting effects on neurocognitive development (Yang, Xie & Wang, 2022).



Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Reference: https://www.who.int/health-topics/adolescent-health#tab=tab_1



Sufficient sleep for an adolescent is **9 HOURS PER DAY** (Yang, Xie & Wang, 2022).

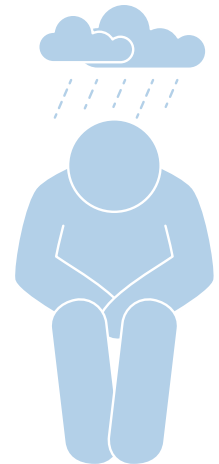
Behavioral Setbacks

Researchers have found a significant correlation between sleep duration in adolescence and **depressive thought problems, behavioral problems, and cognition** (Yang, Xie & Wang, 2022).

Weekday vs. Weekend Sleep Patterns

Youth who report less sleep on weekdays are more likely to report **depressive symptoms and past month alcohol use** compared to their counterparts (Pascha et al., 2010).

Youth who sleep later on weekends, compared to their sleep on weekdays are more likely to engage in **substance use behaviors** (Pascha et al., 2010).



Early Intervention

Early intervention in adolescents who have inadequate sleep patterns can **improve long-term development outcomes** (Yang, Xie & Wang, 2022).

Parental monitoring and engagement can be a protective factor by ensuring adolescents obtain the necessary sleep for development and has been found to **reduce risky behaviors** (Pascha et al., 2010).

REFERENCES

1. Pasch, Laska, M. N., Lytle, L. A., & Moe, S. G. (2010). Adolescent Sleep, Risk Behaviors, and Depressive Symptoms: Are They Linked? *American Journal of Health Behavior*, 34(2), 237–248. <https://doi.org/10.5993/AJHB.34.2.11>
2. Yang, F. N., Xie, W., & Wang, Z. (2022). Effects of sleep duration on neurocognitive development in early adolescents in the USA: a propensity score matched, longitudinal, observational study. *The Lancet Child & Adolescent Health*, 6(10), 705-712.



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