

## DESCRIPTION

Across all ages, lack of sleep can lead to behavioral issues and learning difficulties. Youth who are excessively sleepy during the day are more likely to experience problems with learning, attention, conduct and hyperactivity.<sup>1</sup> From the time they hit puberty until the age of 22, adolescents need about nine hours of sleep a night to function optimally.<sup>2</sup>

## HOW ARE WE DOING

The 2016 Minnesota Student Survey found that around eighth grade, students began to report shorter sleep schedules and less quality sleep. Among fifth-graders, 84 percent reported that they got at least eight hours of sleep in an average school night, while only 19 percent of 11th-graders surveyed reported the same. Caffeine and sugar consumption can play a large role in length and quality of sleep. In that same survey, 6.5 percent of Ramsey County 11th-graders reported drinking one to two energy drinks on an average day. Another 2.4 percent reported drinking three or more. As for pop or soda, 32.2 percent of students drank at least one to two on an average day, and another 10.7 percent reported consuming more than three. Caffeine consumption even six hours before bedtime can have a negative impact on sleep.

## BENCHMARK INDICATOR

Healthy People 2020: Increase the proportion of students in grades 9 through 12 who get sufficient sleep.

U.S. Target: 33.1 percent receive eight hours or more per night on average.

## DISPARITIES

Males tend to get less sleep than females; the survey found 79 percent of female and 83 percent of male 11th-graders get seven hours of sleep or less on an average school night in Ramsey County. Nationally, the Asian population had poorest quality of sleep with only 21 percent of students getting sufficient sleep.<sup>3</sup>

## RISK FACTORS

Screen time before bed increases risk of short sleep duration, long sleep onset latency and increased sleep deficiency.<sup>4</sup> It is also widely known that caffeine use during the day and especially close to bedtime can disrupt sleep in all ages.

## WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.

## Information to note

- Adolescents need about nine hours of sleep a night to function optimally.
- 84% of students in fifth grade reported that they got at least eight hours of sleep during an average school night, while only 19 percent of 11th-graders said the same.

<sup>1</sup> Improve Your Child's School Performance With a Good Night's Sleep. National Sleep Foundation Web site. <https://sleepfoundation.org/excessivesleepiness/content/improve-your-childs-school-performance-good-nights-sleep>. Accessed July 24, 2017.

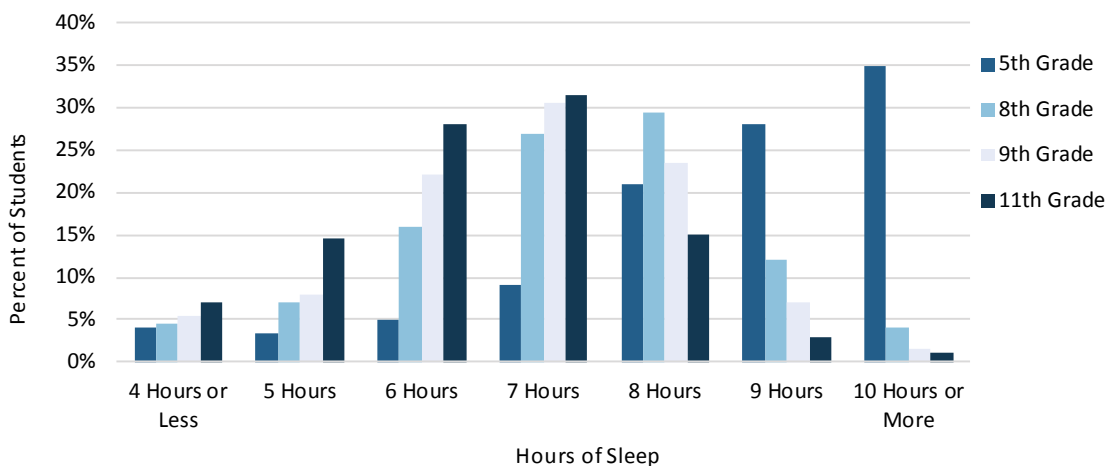
<sup>2</sup> Garey, J., How to Help Teenagers Get More Sleep. Child Mind Institute. 2012. <https://childmind.org/article/help-teenagers-get-sleep/>. Accessed July 24, 2017.

<sup>3</sup> Disparities Overview by Race and Ethnicity. Healthy People 2020 Web site. <https://www.healthypeople.gov/2020/data/disparities/summary/Chart/5260/3>. Accessed July 24, 2017

<sup>4</sup> Hysing, M., et al. Sleep and use of electronic devices in adolescence: results from a large population-based study. *BMJ Journals*. 2014. <http://bmjopen.bmj.com/content/5/1/e006748>. Accessed July 24, 2017.

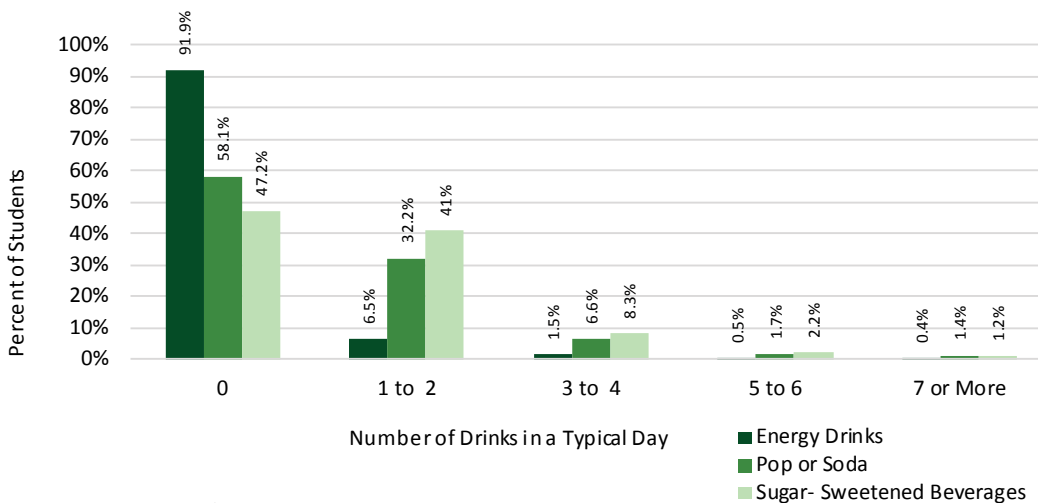
## Sleep- Youth figures

### Report of Sleep per Typical School Night, Ramsey County, 2016



Source: Minnesota Student Survey.<sup>5</sup>

### Consumption of Select Beverages, 11th Graders, Ramsey County, 2016



Source: Minnesota Student Survey.<sup>6</sup>

<sup>5</sup> Minnesota Student Survey. Minnesota Department of Education Web site. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed July 21, 2017.

<sup>6</sup> Minnesota Student Survey. Minnesota Department of Education Web site. <http://w20.education.state.mn.us/MDEAnalytics/Data.jsp>. Accessed August 25, 2017.