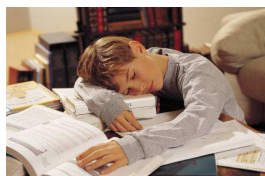


Fond du Lac Area TeenScreen Program

TeenScreen® Schools and Communities

March 2013



Sleep and Teen Depression

It is the age old question...which came first?? Is poor sleep a symptom or a contributor of teen depression?

The rate of depression in teens is striking and something experts say is connected to a loss in quality of life and an increase risk of suicide, the second leading cause of death among teenagers in Wisconsin. TeenScreen is available to all 9th grade students in the Fond du Lac County high schools. This simple and free health screen helps to identify early symptoms of depression, anxiety and suicide risk. During the brief interview following the screen, staff discusses sleep patterns or concerns with the teen.

In the past, the general view was that sleep disturbances were a by-product of depression. New research is pointing to a lack of sleep as a cause, said Allison Harvey, a clinical psychologist at UC Berkeley.

There are plenty of reasons teens do not get the recommended **nine hours** of sleep.

-Homework

-Social life – late night texting, facebook, etc..

-Multiple after school activities including sports, clubs, and jobs

-Parents tend to “back off” on enforcing bed times for teens and allow them to manage their day

-Physical or emotional health concern....apnea, pain, excessive anxiety and worry.

Simple sleep suggestions for a well-rested teen

- Bedtime: Set a time that allows for 9 hours of sleep- stick to it
- Be Consistent: Even on the weekends
- Curfew: Set a curfew on phone use, e-mails, texting, I-Pods, video games etc..
- Chores: Limit weeknight chores
- Activities: Limit after-school activities – sometimes teens must pick and choose
- Caffeine use: Limit general caffeine use and set a time to cut off caffeinated drinks
- Plan ahead: Prepare for school the night before

“It’s kind of a wake-up call to all of us,” Harvey said. “We need to prioritize sleep more.”

Source: American Academy of Sleep Medicine

TeenScreen is proud to be supported in part by United Way and Agnesian HealthCare.

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