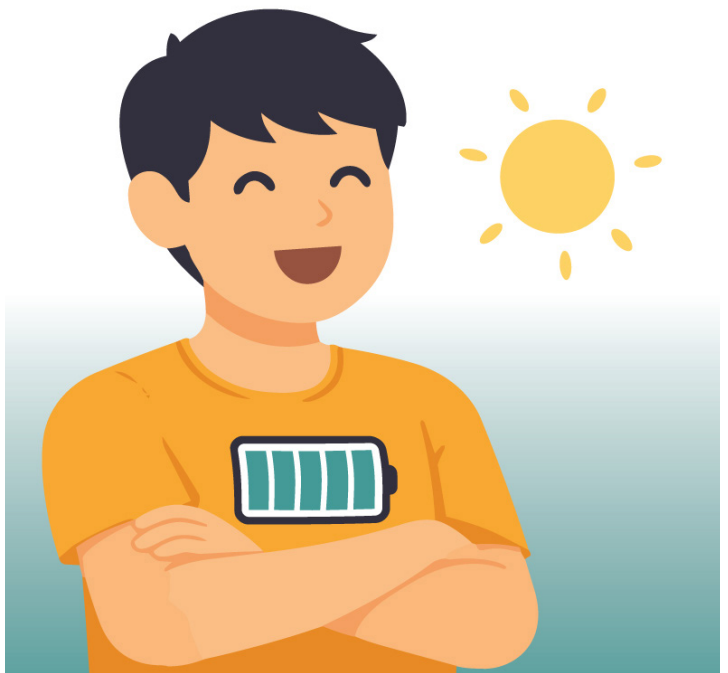




Is My Teen Sleep-Deprived?

A recent National Sleep Foundation poll found that **80% of teens aren't getting enough sleep**—meaning many are running on empty when they need energy, focus and emotional resilience.



Signs of a **sleep-deprived** teen

More irritable or grumpy
Short temper
More emotional than usual
Don't feel motivated
Act without thinking
See things in a more negative way
Fall asleep during the day, in class or in the car

Signs of a **well-rested** teen

More patient and calm
Manage frustration better
Feel emotionally balanced
Motivated and engaged
Think before they act
More positive outlook
Alert during the day, in class and in the car



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