

# Students vs. Sleep

- Abby Shalck

Everyone knows that people are supposed to get at least 8 hours of sleep every night, but growing teenagers need more than that. Teenagers need more than 9 hours every night in order to have proper growth and regenerate energy. However, things like school, sports, and extracurricular activities add up to prevent students from getting the sleep they need.

Most students wake up between 6 and 7 in the morning to get ready for school, depending on how long it takes them to get there. After school, almost all students have sports practices or clubs that they have to attend. The time that students spend in practice or in a club varies, but some can last up to several hours. Other students may have after school jobs that take up their time or siblings they have to look after. And with all students having at least five classes a day, with around 45 minutes of homework in each class, the number or hours of sleep dwindles away. One study found that only 15% of teenagers reported getting enough sleep on school nights. Because of this lack of sleep, many suffer from sleep disorders, such as narcolepsy, insomnia, or sleep apnea. These can continue into adulthood and be detrimental to a person's growth and development. Not only do teenagers need more sleep than adults, but it is also scientifically proven that it takes longer for adolescents to fall asleep.

So what's the solution? People need to realize that teenagers can only take on so much work at once. Teachers have to realize that 6 hours of homework a night is too much for students. Parents need to realize that their children still need sleep to grow. And students need to realize that they can only take on so many responsibilities at once.

While being a straight-A student, a star athlete, or someone who's the best at their job is great, people don't have to do everything at once. Teenagers have to remind themselves that even though they are constantly being told that they have to act like adults, they are in fact still growing.

No one can be the best at everything, and while many students will try, they will run out of energy. Of course, students can be both athletes and get good grades, or be in tons of clubs and also have a part-time job. But the important thing for teenagers to do is to pace themselves. Because if they push themselves too hard and not give themselves enough time to sleep, they'll just crash and burn.