

# CHILD SLEEP QUALITY IN TEXAS

Michael & Susan Dell Center for Healthy Living

## Texas children do not sleep enough<sup>1</sup>:

Good sleep is essential to good health, especially mental health. Healthy sleep habits include regular bedtime and morning routines, with sleep lasting long enough for sustained alertness during waking hours. The American Academy of Sleep Medicine recommends **school-age children (aged 6 - 12) sleep 9 - 12 hours a night and teenagers (aged 13 - 18) sleep 8 - 10 hours.**

### Sleep Crisis



In 2nd grade, **40%** of Hispanics do not have a regular bedtime during the school week compared to **21%** of African Americans and **24%** of White/Other ethnicity<sup>2</sup>.



Only **12%** of 8th graders Texas border students meet sleep recommendations compared to **20%** of non-border 8th graders<sup>2</sup>.

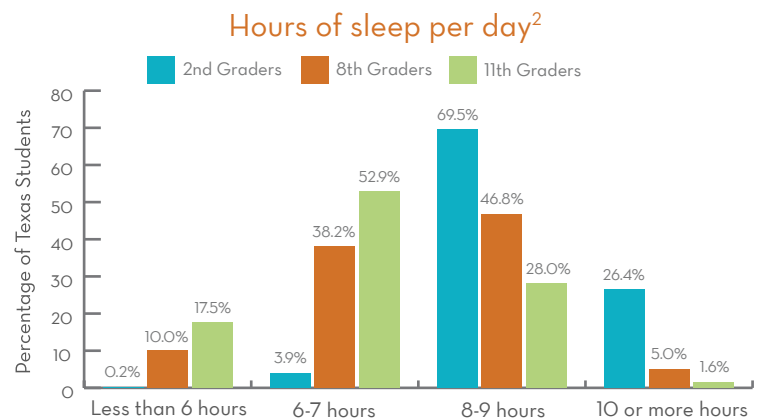


**35%** of 2nd graders have electronic devices in their bedroom compared to **79%** of 11th graders<sup>2</sup>.

### Current and Lifetime Risks

A lack of sleep is a **health hazard** for children. Kids who don't get enough sleep can experience:

- Attention and behavioral problems<sup>3</sup>
- Lowered immune systems which can affect school attendance<sup>4</sup>
- Obesity<sup>5</sup>
- Poor diet and decreased physical activity<sup>5</sup>
- Unhealthy risky behavior<sup>6</sup>



## Improving sleep quality in Texas children.

- Remove TV, computers, and other electronic devices from bedrooms<sup>7</sup>
- Make kid's bedrooms sleep friendly - dark, cool, and quiet<sup>7</sup>
- Follow a sleep schedule and consistent bedtime routine<sup>7</sup>
- Teach school-age children about the importance of sleep for health, sport and academic performance<sup>1</sup>
- Encourage high schools to delay school start times for teens to improve sleep quantity<sup>3,4</sup>

# Current Sleep Guidelines

The American Academy of Sleep Medicine<sup>1</sup> recommendations change based on a child's age:

- Infants (4 - 12 months): 12 - 16 hours of sleep including naps
- Children 1 - 2 years of age: 11 - 14 hours of sleep including naps
- Children 3 - 5 years of age: 10 - 13 hours of sleep including naps
- Children 6 - 12 years of age: 9 - 12 hours of sleep
- Children 13 - 18 years of age: 8 - 10 hours of sleep

## References

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2. School Physical Activity and Nutrition (SPAN) Project. Michael & Susan Dell Center for Healthy Living. SPAN project details available online at [go.uth.edu/SPAN](http://go.uth.edu/SPAN).  
  
The School Physical Activity and Nutrition (SPAN) Project is a surveillance system monitoring the prevalence of overweight/obesity in school-aged children in Texas conducted by researchers at the Michael & Susan Dell Center for Healthy Living. SPAN has been funded by the Texas Department of State Health Services since 2000 to conduct height and weight measurements across different grade levels.
3. Owens J. Adolescent Sleep Working Group; Committee on Adolescence. Insufficient sleep in adolescents and young adults: an update on causes and consequences. *Pediatrics.* 134:e921-e932. (2014)
4. Most US middle and high schools start the school day too early. *Centers for Disease Control and Prevention* <https://www.cdc.gov/media/releases/2015/p0806-school-sleep.html>
5. Chaput, Jean-Philippe, et al. Lack of sleep as a contributor to obesity in adolescents: impacts on eating and activity behaviors. *Int J Behav Nutr Phys Act.* 13(1):103. (2016)
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7. Healthy Sleep Habits. *American Academy of Sleep Medicine.* <http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits> (2017)

## About the Texas Child Health Status Report

This project is funded by the Michael & Susan Dell Foundation. These reports utilize state-level data from the School Physical Activity and Nutrition (SPAN) Project to provide an accurate representation of Texas child health.

Learn more at [go.uth.edu/TexasChildHealth](http://go.uth.edu/TexasChildHealth)

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