Texas children do not sleep enough:\[1\]

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.

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\[2\].

Only 12% of 8th graders Texas border students meet sleep recommendations compared to 20% of non-border 8th graders\[2\].

35% of 2nd graders have electronic devices in their bedroom compared to 79% of 11th graders\[2\].

Improving sleep quality in Texas children.

- Remove TV, computers, and other electronic devices from bedrooms\[7\]
- Make kid's bedrooms friendly to sleep - dark, cool, and quiet\[7\]
- Create a consistent sleep schedule and bedtime routine\[7\]
- Teach school-aged children about the importance of sleep\[1\]
- Delay school start times for teens to provide opportunities for improved sleep quality\[3,4\]
Current Sleep Guidelines

The American Academy of Sleep Medicine’s 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


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.

   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.


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


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