

# Child Sleep in Texas

Michael & Susan Dell Center for Healthy Living

## TEXAS CHILDREN DO NOT GET SUFFICIENT SLEEP

Healthy sleep is critical for children and adolescents to grow and develop physically, psychosocially, and cognitively.<sup>1</sup> Insufficient sleep at night is associated with poor academic performance and various adverse health consequences.<sup>1</sup>

### Texas children do not meet sleep recommendations



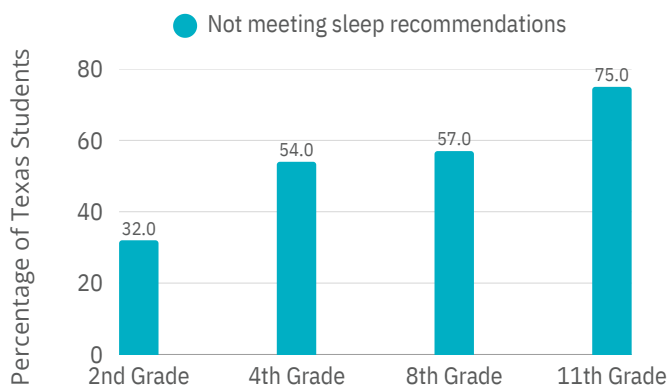
**43%** of Texas children and adolescents sleep less than 8 hours per night.



**80%** of Texas children and adolescents have electronic devices (TV, laptop, tablet, smartphone, etc.) in the room where they sleep.



Students NOT meeting sleep recommendations increases with grade level:



The percentage of students NOT meeting sleep recommendations varies by where students live.

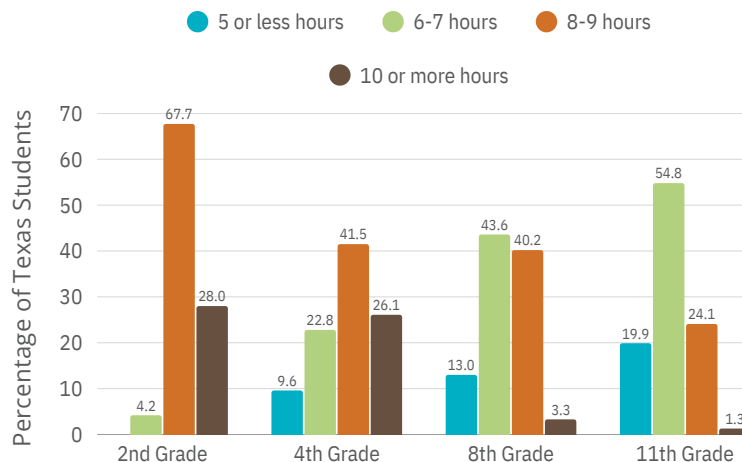
- Texas/Mexico border vs. non-border counties
  - **44% vs. 32%** in grade 2
  - **64% vs. 57%** in grade 4

### Why Sleep Matters

**Not meeting sleep recommendations is associated with adverse health outcomes in children, including:<sup>2,3</sup>**

- increased risk for injuries and accidents
- increased risk of overweight and obesity
- increased risk of chronic diseases, such as diabetes, hypertension, cardiovascular diseases
- increased risk of depression
- increased risk of attention and behavioral problems
- poorer diet quality and increased soft drink consumption

### Hours of sleep on a school night



# How to promote healthy sleep in Texas children

Parents can help their children develop healthy sleep habits and ensure children get enough sleep for their age. <sup>4, 5, 7-9</sup>

- Follow a consistent bedtime and wake time schedule and routine, even on weekends.
- Remove electronic devices such as TVs, computers, and tablets from the child's bedroom.
- Limit screen time before bed.
- Provide a comfortable bed and keep the bedroom quiet, dark, and cool.
- Encourage children to fall asleep independently.
- Encourage a healthy diet and limit caffeinated beverage consumption.
- Encourage children to have regular vigorous exercise during the day.
- Ensure children are exposed to bright light in the morning.
- Manage children's sleep problems with health care professionals.

Policy recommendations for children's sleep health. <sup>7, 10</sup>

- Delay school start times to ensure students have sufficient sleep duration and better sleep quality.
- Include sleep education in the K-12 curriculum to help children learn the importance of sleep.
- Provide parent education to improve parent knowledge and awareness of child sleep.

## Current Sleep Guidelines

During a 24-hour period, the recommended sleep duration, minimum and maximum hours, varies by age: <sup>2,6</sup>

- 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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## About: Texas Child Health Status Report

These reports utilize state-level data from the Texas School Physical Activity and Nutrition (Texas SPAN) Project 2021-2023 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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