

# 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.**

## Common Sleep Quality Issues



In 2<sup>nd</sup> grade, only **48%** of African Americans and **60%** of Hispanics meet sleep recommendations compared to **84%** of White/Other ethnicity<sup>2</sup>.

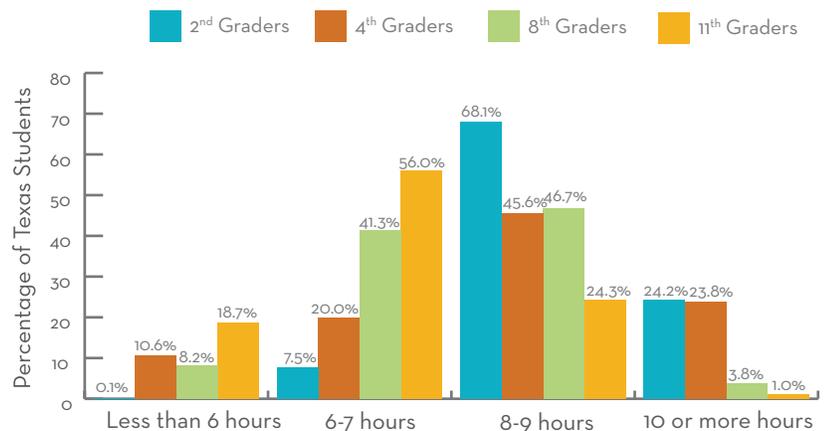


Only **57%** of 2<sup>nd</sup> grade Texas border students meet sleep recommendations compared to **70%** of non-border 2<sup>nd</sup> graders. However, **33%** of 11<sup>th</sup> grade Texas border students meet sleep recommendations compared to **23%** of non-border 11<sup>th</sup> graders<sup>2</sup>.



**54%** of 2<sup>nd</sup> graders have electronic devices in their bedroom compared to **92%** of 11<sup>th</sup> graders<sup>2</sup>.

### Hours of sleep per day<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 that can affect school attendance and school performance<sup>4,5</sup>
- Increased depressive symptoms<sup>4,5</sup>
- Athletic injuries<sup>4,5</sup>
- Increased risk of motor vehicle accidents<sup>4,5</sup>
- Obesity<sup>6,7</sup>
- Poor diet and decreased physical activity<sup>6,7</sup>
- Unhealthy risky behavior<sup>8</sup>

## Improving sleep quality in Texas children:

- Remove TV, computers, and other electronic devices from bedrooms<sup>5,9</sup>
- Provide sleep-friendly bedrooms - dark, cool, and quiet<sup>5,9</sup>
- Follow a sleep schedule and consistent bedtime routine<sup>5,9</sup>
- Teach children about the importance of sleep for health, sport and academic performance<sup>1</sup>
- Encourage middle and high schools to delay school start times for teens to improve sleep quantity<sup>4,5</sup>
- Follow a regular schedule for exercise and meal times<sup>9</sup>
- Encourage outdoor activities and a healthy diet<sup>9</sup>

# Current Sleep Guidelines

The American Academy of Sleep Medicine' 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

1. Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med.* 12(6):785-786. (2016)
2. Texas School Physical Activity and Nutrition (TX SPAN) Project. 2019-2020 Survey Data. Michael & Susan Dell Center for Healthy Living. TX SPAN project details available online at [go.uth.edu/SPAN](http://go.uth.edu/SPAN).  

The Texas School Physical Activity and Nutrition (TX 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. TX 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. Schools Start Too Early. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. <https://www.cdc.gov/sleep/features/schools-start-too-early.html> (2022)
5. Watson NF, Martin JL, Wise MS, Carden KA, Kirsch DB, Kristo DA, Malhotra RK, Olson EJ, Ramar K, Rosen IM, Rowley JA, Weaver TE, Chervin RD. Delaying middle school and high school start times promotes student health and performance: an American Academy of Sleep Medicine position statement. *J Clin Sleep Med.* 2017;13(4):623-625. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5359340/>
6. 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)
7. Venkatapoorna CMK, Ayine P, Selvaraju V, Parra EP, Koenigs T, Babu JR, Geetha T. The relationship between obesity and sleep timing behavior, television exposure, and dinnertime among elementary school-age children. *J Clin Sleep Med.* 2020;16(1):129-136. <https://jcs.m.aasm.org/doi/10.5664/jcs.m.8080>
8. Sleep Duration and Injury-Related Risk Behaviors Among High School Students – United States, 2007-2013. Center's for Disease Control and Prevention. <https://www.cdc.gov/mmwr/volumes/65/wr/mm6513a1.htm> (2016)
9. Healthy Sleep is Vital to Children's Wellbeing. American Academy of Sleep Medicine. <https://sleepeducation.org/healthy-sleep-vital-childrens-well-being/> (2021)

## 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)

Last Updated June 29, 2022