

Agenda

- Current considerations related to mental health
- How sleep deprivation contributes to the youth mental health crisis
- What healthy sleep looks like
- Factors that interfere with sleep
- Strategies for a better night's sleep
- Strategies to share with parents



2

Consider the Following:

- There is no major psychiatric condition in which sleep is normal
- Sleep disruption often happens before psychiatric symptoms
- Once sleep normalizes, would someone still meet criteria for a major mental health diagnosis?



3

Recent Interventions Aimed to Reduce the Youth Mental Health Crisis

- Millions of federal dollars allocated for mental health programs
- Millions of dollars funding new SEL programs in schools
- Increased access to mental health treatment
- Free trainings for various staff on Youth Mental Health First Aid and Psychological First Aid
- Many pediatrician offices now offer behavioral health services
- Increased in home, crisis, and wrap around services available
- More avenues for mental health treatment: Virtual, Text hotlines, etc.

4

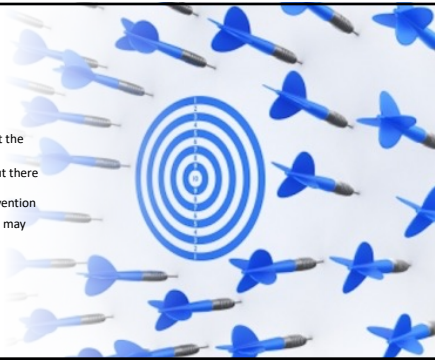
Impact of these Investments on the Crisis??



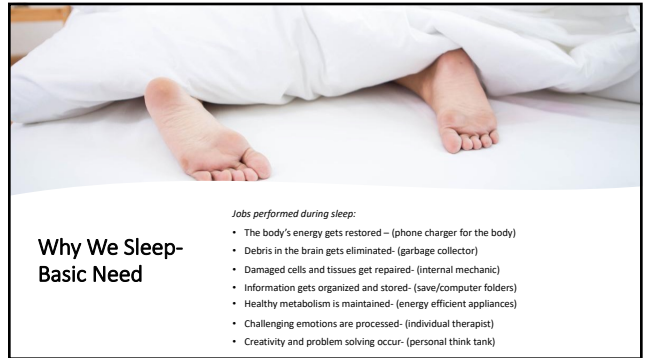
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Could We Be Missing the Target?

- None of our efforts target the root problem
- Many of the resources out there do not include sleep management as an intervention
- Some available resources may even exacerbate sleep difficulties



6



Why We Sleep- Basic Need

Jobs performed during sleep:

- The body's energy gets restored – (phone charger for the body)
- Debris in the brain gets eliminated- (garbage collector)
- Damaged cells and tissues get repaired- (internal mechanic)
- Information gets organized and stored- (save/computer folders)
- Healthy metabolism is maintained- (energy efficient appliances)
- Challenging emotions are processed- (individual therapist)
- Creativity and problem solving occur- (personal think tank)

7

When We Don't Sleep

- Damaged cells and tissues do not get repaired
- Injuries do not heal properly
- The immune system can't protect the body as it should
- Increased chance of illness
- The body starts breaking down




8

- Information does not get stored and organized
- Learning is challenging
- Negatively impacts school performance (up to 40 percent)




9

- Challenging, (traumatic) memories are not processed
- Emotions are more difficult to manage
- Impulses/cravings are more difficult to manage (actions, words, aggression, food, drugs, alcohol)



10


The Under-Slept Brain



- 70% reduction in immune cell activity- COVID anyone?
- Increased appetite/weight gain/Type 2 Diabetes
- Up to 40% reduction in school performance and learning outcomes (A vs. F)
- 60% increase in emotional reactivity
- Increased risk of aggression, bullying, and behavioral problems
- Hypersensitivity to pleasurable experiences
- Significantly predicts early onset of drug and alcohol use during later adolescents

11

Risks With Clinically Significant Sleep Deprivation (6 hrs. or less)

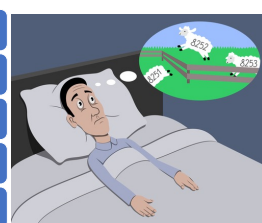


- 400-500 percent increase in cardiac arrest
- Drowsy driving as dangerous as drunk driving
- Increased risk of Addiction
- Increased Anxiety/Depression/Suicide
- Inattention/ Poor Concentration
- Learning deficits/disabilities

12

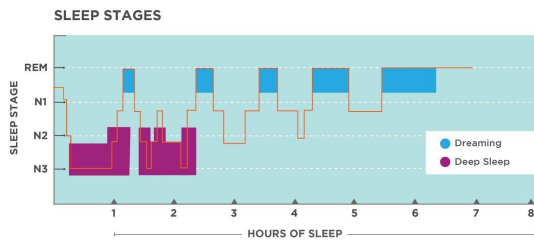
How Prevalent is Sleep Deprivation in Youth?

- Overall sleep deficiency- 91% (97% middle school)
- Clinically significant sleep deprivation- 55% (60% middle school)
- Students with NO consistent sleep schedule- 64%
- Students with moderate or higher stress levels- 66%
- Unhappy/somewhat unhappy- 21%



13

What Quality Sleep Looks Like Adults 7-9 hrs./Youth 9-11 hrs.



14

Factors that Interfere with Sleep

- **Light** is the way the brain knows it's daytime. The eyes need to see darkness to know it is time to sleep
- **Eating** too close to bedtime doesn't allow the body to rest during sleep
- **Caffeine** has a long half life
- **Worrying** produces adrenaline and keeps the body awake and on alert
- **Exercising** too close to bedtime will make it difficult to cool properly
- **Napping** too close to bedtime or for too long reduces sleep pressure
- **Alcohol** creates micro-wakening throughout the night and dulls brain activity so it cannot perform its nightly functions, leaving the sleeper tired in the morning
- **Nicotine** wears off after a couple of hours and creates cravings that waken the sleeper in the night
- **Noise** keeps people from sleeping deeply

15



16

Top Strategies for a Great Night's Sleep



Strategies

- Get up and go to bed at the same time every day, even on weekends
- Adults need 8-10.5 hours of sleep opportunity. Youth need 10.5-13 hours to get the recommended amount of sleep.
- Create a bedtime routine
- Shut down electronics 2 hours prior to bedtime
- Place electronics out of bedroom areas during the night

Benefits

- This sets the body's master clock, which times all bodily functions
- Adequate sleep is important to restore energy, consolidate memories, clean waste from the body, and regulate emotions and weight
- Sends clear signals/time for bed
- The brain needs to see darkness to register that it is nighttime
- Eliminates the temptation to peek at your phone and ruin your sleep

17

Top Recommendation



Physically Remove All Electronics from Bedroom Areas at Night

18



Interventions Students Found Too Difficult to Try

- Putting electronics outside of bedroom area at night- 33%
- Setting a sleep schedule- 32%
- Going to bed early enough to get 9+ hours of sleep- 29%
- Staying away from social media- 26%

19

Strategies to Share with Parents

1. Make it a family affair- Trying something together is easier
2. Collaborative approach- Get youth concerns/state your concerns/problem solve together
3. Provide relaxing alternatives before bed
4. Scaffolded forced choices:
 - Remove electronics at bedtime
 - Remove electronics at 6 pm
 - Remove electronics for 24 hours at a time



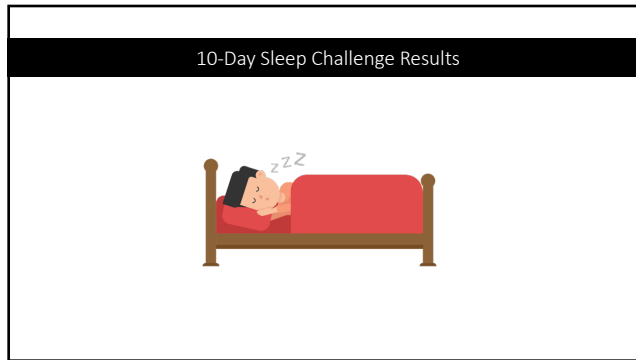
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Well-Rested Youth are Better Able to:

- Regulate emotions
- Learn
- Articulate needs
- Cultivate trusting relationships
- Build self-esteem
- Be aware of one's surroundings
- Advocate for oneself
- Problem solve challenging situations



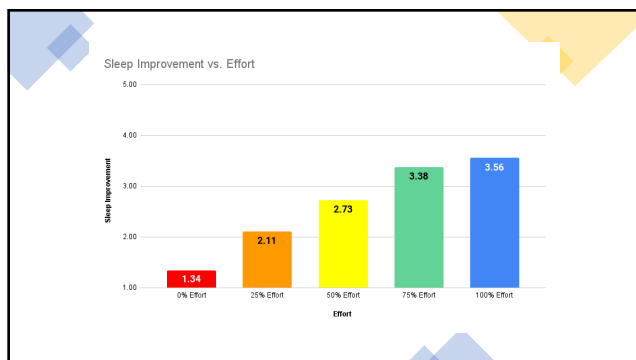
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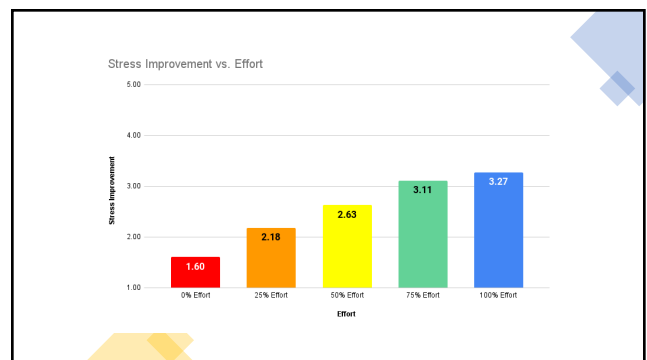
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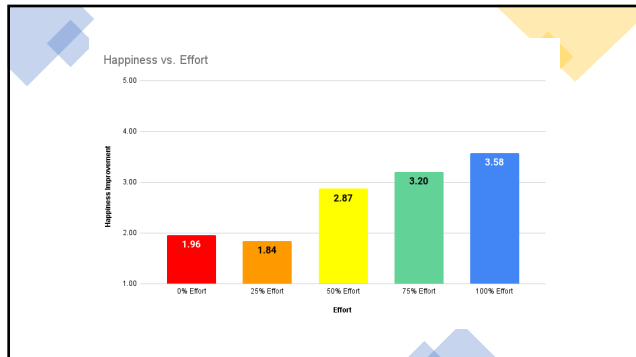
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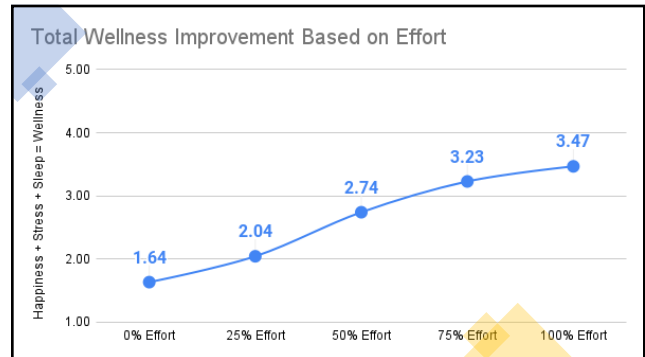
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25



26



27



28

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29