

## Sleep, Rest, and Time Management

Teens need more sleep than adults because of their rapid growth and activity level. If teens do not have enough sleep, they can develop sleep deprivation, which can result in increases in: inattentiveness, impulsiveness, substance abuse, obesity, and mental health problems. Most teens need about 8 ½ to 10 hours of sleep each night. A few hours of missed sleep a night can create a noticeable sleep deficit over time. Sleep helps keep us physically healthy by slowing the body's systems helping us to re-energize for everyday activities. Whether we are discussing proper sleep at night or proper rest in between workouts, students must be aware of the benefits of rest and the problems that a lack of sleep and rest could create.

These tips can help you with time management. When you're in control of your time, you reduce your stress level.

- **Don't** overschedule your calendar.
- **Don't** commit to too many activities.
- **Don't** cut down on sleep to squeeze more into your day.
- **Don't** give up when you feel overwhelmed.

### Tips for Organizing Your World

1. Take a few minutes every day to straighten up your work space at home. Keep the supplies you need for studying on your desk. Make a place for everything in your room.
2. Make your lunch, and set out your clothes and items needed for school the night before.
3. Write down assignments as soon as they are given.
4. Study in blocks of one hour. Take a five-minute break between study blocks. Too much sitting can cause a loss of concentration.

### Avoid Procrastination

1. Do the worst thing first. Study for your hardest class or do a chore you dislike to get it out of the way.
2. Think small. Set up small goals. Need to clean your room? Focus on one bookshelf or one corner at a time. Reward yourself when you finish each goal.
3. Set a timer, and work on a chore or task for just 10 or 15 minutes at a time.
4. Say, "I choose to," instead of, "I have to." We often rebel when we feel we "should" do something.
5. Jump in! Stop waiting for the right moment or talking about what you're going to do, and do it!

**Check for Understanding**

- How many hours of sleep do teenagers need each night?
- On average how many hours of sleep are you getting each night? Is this enough sleep? Why or why not?
- How can you become more organized?
- What is procrastination and how can you avoid it?

**Coach's Reflection:**