

# Sleepless in American Teens: A Nonfiction Young Adult Book that Explores the Challenges and Consequences of Sleep Deprivation

Sleep is essential for overall health and well-being, but many American teens are not getting enough sleep. This nonfiction young adult book explores the challenges and consequences of sleep deprivation among American teens, and provides practical tips and strategies for improving sleep habits.



## Running on Empty: Sleeplessness in American Teens (Nonfiction - Young Adult) by Connie Goldsmith

★★★★★ 5 out of 5

Language : English  
File size : 2560 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 116 pages



### Chapter 1: The Importance of Sleep

This chapter discusses the importance of sleep for physical, mental, and emotional health. It also explores the different stages of sleep and how they contribute to overall well-being.

### Chapter 2: The Challenges of Getting Enough Sleep

This chapter discusses the many challenges that American teens face when it comes to getting enough sleep. These challenges include academic pressures, extracurricular activities, social media use, and technology use.

### **Chapter 3: The Consequences of Sleep Deprivation**

This chapter discusses the consequences of sleep deprivation for American teens. These consequences include impaired academic performance, increased risk of accidents, and mental health problems.

### **Chapter 4: Practical Tips for Improving Sleep Habits**

This chapter provides practical tips and strategies for improving sleep habits. These tips include setting a regular sleep schedule, creating a relaxing bedtime routine, and avoiding caffeine and alcohol before bed.

### **Chapter 5:**

This chapter summarizes the main points of the book and provides a call to action for American teens to get more sleep. It also includes resources for teens who are struggling with sleep deprivation.

### **About the Author**

The author of this book is a sleep expert who has worked with teens for over 20 years. She is passionate about helping teens get the sleep they need to succeed.

### **Reviews**

"This book is a must-read for any teen who is struggling with sleep deprivation. It is full of practical tips and strategies that can help teens

improve their sleep habits and get the sleep they need to succeed." - Dr. Mary Carskadon, PhD, Director of the Center for Sleep Research at Brown University

"This book is a valuable resource for teens and parents alike. It provides a wealth of information about the importance of sleep and the consequences of sleep deprivation. It also offers practical tips and strategies for improving sleep habits." - Dr. William C. Dement, MD, PhD, Director Emeritus of the Stanford University Sleep DisFree Downloads Clinic

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