



ARE TEENS SLEEPING ENOUGH?

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QHSST), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

One in three teens does not get enough sleep during the week

33 %
of teens
DO NOT GET ENOUGH SLEEP



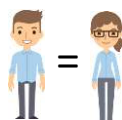
64 %
of teens
GET ENOUGH
SLEEP



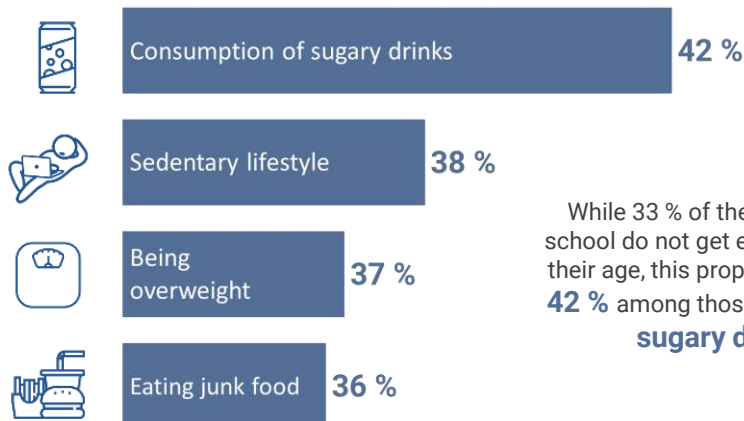
3 %
of teens
SLEEP MORE THAN
RECOMMENDED TIME



GIRLS and BOYS
have similar sleep profiles



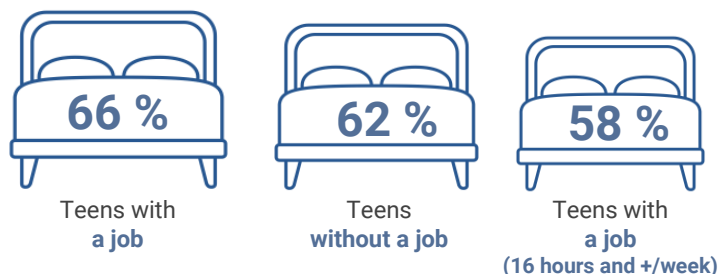
One in three teens does not get enough sleep during the week



While 33 % of the teens in high school do not get enough sleep for their age, this proportion climbs to **42 %** among those who consume **sugary drinks!**

Having a job during the school year, yes but...

Proportion of teens in high school who sleep enough during the week



Teens who have a job during the school year are more likely **to get enough sleep** during the school week (66 %) compared to those who do not work (62 %). However, students who work 16 hours or more per week are less likely to get enough sleep (60 %).

Reminder

The majority of teens should sleep between 8 and 10 hours. At this time in their lives, their biological clock is programmed to encourage teens to go to bed and get up later. Sleep plays an important role in their physical and psychological development. An adequate amount of sleep has been associated with beneficial effects on health, school performance and behaviour (e.g., adoption of better lifestyle habits, better control of emotions and oneself).

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?

Raise awareness among teens and their parents about the importance of good sleep habits



Teens
at the heart of our actions

Establish and consistently apply rules in the home regarding sleep time (e.g., time to go to bed, screen time)

Offer a flexible schedule that takes into account teens' need for sleep (e.g., start time of classes, times for extracurricular activities and those offered by the community)

Offer a diverse program of physical activities to get teens moving

Integrate the promotion of healthy sleep habits throughout their schooling

For more examples for **parents**, consult the section *Tool kit* on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

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GLOSSARY

Consumption of sugary drinks

Students who consume at least one sugary drink daily (regular and diet soft drinks - Coke, 7 Up, Pepsi, Sprite, etc.; regular, diet or sugar-free, fruit flavoured beverages - fruit punch, Slush, Fruitopia, Five Alive, Snapple, etc.; regular, diet or low-calorie sports drinks - Gatorade, Powerade, etc.; regular and sugar-free or low-calorie energy drinks - Red Bull, Red Rave, Energy, Rush, Rock Star, etc.).

Consumption of junk food

During the previous school week, students who ate 3 or more times in a restaurant or snack bar and consumed foods such as French fries, poutine, hamburgers, pizza, pizza pockets, chicken wings, fried chicken, hot dogs, and corndogs.

Recommended sleep time by age

According to the National Sleep Foundation's recommendations for sleep, children aged 6 to 13 should sleep between 9 and 11 hours, teens aged 14 to 17 between 8 and 10 hours, and young adults aged 18 to 25 between 7 and 9 hours.

Sedentary lifestyle

Teens are sedentary if they do not do any moderate to vigorous physical activity, but are sufficiently active if they do at least an average of 60 minutes a day of moderate to vigorous physical activity (rapid to very rapid breathing and heart rate).

Excess weight

Weight is calculated based on two pieces of information provided by students: their weight and height. Body mass index (BMI) is the most common way to evaluate the weight of an individual in health surveys. The results of the QHSHSS do not refer to measured data (weighed), but to data declared (perceived) by the students themselves. A student who is considered to have excess weight is overweight or obese.

* Data to be interpreted with caution.

> < Significantly higher or lower than the value presented for comparison.

↕ Significant increase or decrease between 2010-2011 and 2016-2017
