

## SLEEP MYTH BUSTERS (Adolescent Version)

### Myth 1

If I can function during the day, I must be getting enough sleep.

False.

Many individuals adapt to chronic sleep restriction and underestimate their level of impairment. Even if you feel functional, insufficient sleep can impair attention, reaction time, mood regulation, metabolic health, and cardiovascular function.

Takeaway

Daytime sleepiness is not the only sign of poor sleep. Regularly obtaining adequate sleep is essential, even if you think you are coping well.

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### Myth 2

A heavy meal before bed helps me sleep better.

False.

Large, spicy, fatty, or sugary meals close to bedtime can cause discomfort, reflux, and nighttime awakenings. Digestion requires energy and may interfere with the body's transition into restful sleep.

Takeaway

Avoid heavy meals within four hours of bedtime. If needed, choose a light snack instead.

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### Myth 3

Snoring is harmless.

False.

Frequent snoring may be a sign of obstructive sleep apnea, which is associated with cardiovascular risk, cognitive impairment, and daytime sleepiness.

#### Takeaway

A healthcare professional should evaluate frequent loud snoring, gasping, or breathing pauses during sleep.

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### **Myth 4**

Sleeping less makes me more productive, social, or “cool.”

False.

Teens naturally need good sleep to support growth, mood balance, learning, sports performance, and social confidence. Skipping sleep may actually make you feel more tired, stressed, and less focused.

#### Takeaway

Sleep is a teen’s hidden advantage. Getting enough sleep helps you feel and perform at your best.

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### **Myth 5**

I can catch up on all the sleep I lost over the weekend.

False.

Sleeping longer on weekends may reduce short-term sleepiness but does not fully reverse the metabolic, cardiovascular, or cognitive effects of chronic sleep restriction.

#### Takeaway

Consistent sleep schedules are more effective than weekend recovery sleep.