In This Guide . . .

- “I’ll sleep when I’m dead!”
- How much sleep do teenagers need?
- Why do they need so much sleep?
- What prevents them from getting the sleep they need?
- What happens to their bodies when they don’t get enough?
- What happens in their lives when they don’t get enough?
- What’s sleep debt, and how is it repaid?
- So how do I help my teenager get enough sleep?
- How do I help my kid get better sleep?
- Where’s the balance between sleep, school, fun, and rest?
What if my teen struggles to fall asleep, even when sleepy?

What if my kid sleeps too much?

Discussion Questions

Final Thoughts

Related Axis Resources

Additional Resources