

TEENS & INFORMATION OVERLOAD

Teens are especially susceptible to information overload. They have learned to multitask every thing they do in an effort to get as much as possible out of every moment. Eat+ watch TV+ surf the Internet + text or IM at the same time!

Kids are now sleeping with their cell phones getting text messages in the middle of the night! This type of multitasking has kids loosing out on quality sleep affecting their health and their ability to complete difficult concentrated tasks during the day. I know without a good nights sleep, I would be in no mood to tackle advanced mathematics or chemistry, let alone play difficult sports!

Lack of sleep has a profound effect on memory and cognitive ability- especially right-brained functions such as motor skills, speech, memory and mathematics skills.

Help your child select the most important things to focus on. Teach them to be a selective consumer of media and culture. Stick to just your favorite web sites and TV shows, limit phone accessibility and help your children exercise their concentration muscles by creating a specific study space and time.

Help them to UNPLUG. When they need a break have them get some air outside, take a walk with the dog or just chill away from electronics. It is OK not to do everything!

Sleep tips- even for teens....

- Daily exercise- make sure it is at least 2 hours before bedtime.
- Caffeine consumption- more and more teens are using energy drinks and caffeine to help them function. Make sure they are not used after mid-afternoon or they may well affect the quality of sleep.
- Establish a reasonable bedtime. Teens need 9.5 hours of sleep a night. Our teens average 7.4 hours. Researchers at Stanford University found that older teenagers require 1 to 2 additional hours of sleep than their younger siblings who are 9-10 years old. This difference is enough to create hormone problems, irritability, and sleepiness at school, academic problems, extreme moodiness and even depression.

Summertime is an opportunity to set positive routines and create a new way of doing things.

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