

Tired all the time?



"What teens don't realize is that they are leaving out a key factor in accomplishing their busy schedules with excellence."

For most teens, a busy schedule has already begun taking its toll. Instead of getting rest, teens are pushing through their tiredness to get their homework done, practice finished and jobs accomplished. One thing teens are leaving out, which is a key factor in accomplishing their busy schedules with excellence, is sleep. According to sleepfoundation.org, only 20% of adolescents report that they get an optimal nine hours of sleep on school nights and nearly half say they actually sleep less than eight hours on school nights. There are some things parents can do to help teens understand the value of sleep and rest. First, help teens understand that their day actually begins when they go to sleep. Genesis 1:5b (NIV) states, "And there was evening, and there was morning - the first day." Starting the day off right means going to bed at a decent hour. Next, monitor what your teen does before he/she goes to bed. Watching TV, playing video games, or talking on their cell phone actually stimulates the brain and steals away some of those precious minutes of sleep. Encourage your teen to read or listen to music to calm the body down for a good night's sleep. Finally, watch how much coffee or caffeinated drinks your teen consumes in a day. Teens who drink two or more caffeinated drinks a day are much more likely to not sleep well at night (sleepfoundation.org). Lastly, remember that you teach your teens how much or how little you value sleep with the way you live. Make a real effort to break the cycle of living a ragged life and start living the restful life.

According to sleepfoundation.org, your teen may be sleep deprived if he/she:

- *Has difficulty waking in the morning for school and yawns frequently throughout the day.
- *Is continuously late for class and has trouble getting out the door in the morning.
- *Can't seem to get through the day without drinking caffeinated beverages like coffee and cola.
- *Is having difficulty in school or a teacher notices that he/she falls asleep in class periodically.
- *Is irritable, anxious and gets angry easily on days when he/she gets less sleep.
- *Runs from one activity to the next. He/she participates in extra-curricular activities, has a job and stays up late doing homework every night, cutting into sleep time.
- *Takes naps during the week for more than 45 minutes and "sleeps in" for two hours or longer on the weekends than on school nights.

Pulse

Here are some interesting findings about teens and sleep. When was the last time you remember going to sleep in less than 10 minutes?

How long does it take for a typical teen to fall asleep on most school nights?

- 25% - Less than 10 minutes
- 48% - 10 to 30 minutes
- 26% - 30 minutes or more

sleepfoundation.org



Without an alarm clock, how late would your kids sleep?

- 0% - Up at dawn!
- 14% - 8-9 AM
- 21% - 9-10 AM
- 29% - 10-11 AM
- 36% - Noon and beyond!

familyeducation.com

The Parent POV

(point of view)

Does it seem to you that your whole family is sleep deprived? Here are some discussion questions to help your family find some rest.

1. What are some things that help you relax before bed? Do you try to do these things every night? If not, then why?

2. Would you vote "YES" or "NO" if your school decided to start at 9:00 AM and get out at 4:30 PM? Why?

3. What have you learned about sleep habits from the following?

- Friends.
- Parents.
- Busy schedule dictating your sleep.
- No one...I just do my own thing.



Focus on Prayer

Pray that:

1. God will allow your family to find a balance between business and rest.
2. You, as parents, can lead by example in valuing rest and sleep in your everyday life.
3. God will take away the worries and cares of the next day and allow you to rest in Him.
4. God will protect your family from careless mistakes and harmful situations because of lack of sleep.

Verse of the month

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34 (NIV)

One of the most common reasons parents cannot sleep is worry. There have been many a sleepless night spent worrying about family, job, decisions, and life. This verse is a great reminder that God will take care of every area of our lives. If the Lord can provide for the sparrows and clothe the lilies of the field, we certainly know He is going to take care of us. Verse 33 reminds us to seek Him FIRST. We need to seek Him first in our families, jobs, decisions, and lives. When we do this, God promises that all of these things will be given to us as well. Worrying does not add a day to our life, but it can certainly take some away. Let us begin today praying for God to remind us who He is and what He is to us. Then, and only then, will our worry turn into joy.



Is your teen too tired to think? They may identify with some of these stats.

* Adolescents and teens with four or more electronic devices (T.V., phone, computer, music devices, etc.) in their bedrooms are much more likely to get insufficient sleep. (seattletimes.nwsources.com)

* 80% of students who get the recommended amount of sleep are achieving A's and B's in school, while those who get less sleep are more likely to get lower grades. (cbsnews.com)

* Researchers measured the presence of the sleep-promoting hormone melatonin in teenagers' saliva. The melatonin levels rise later at night than they do in children and adults and remain at a higher level later in the morning. (washingtonpost.com)

* At least once a week, 28 percent of high school students fall asleep in school, 22 percent nod off doing homework, and 14 percent arrive late or miss school because they oversleep. (indystar.com)



Music alternative

Singer/songwriter, Ayiesha Woods, was influenced by several different musical styles. She grew up in numerous states as well as spending part of her childhood in Bermuda. She comes from a musical family and shows that she inherited some of their talent as she plays the guitar, piano and percussion as well as writes music. She signed with Gotee Records for her debut release, "Introducing Ayiesha Woods." She has been awarded several Caribbean Gospel Music Marlin Awards. She says she feels a "deep calling to serve God with her music and talent." Her musical style is a mix of rock, pop and worship. ayieshawoods.com

TRENDS

According to neimanmarcus.com, here are the top 10 must-haves for young women:

1. Black/Gold Handbags
2. Red Accents
3. Belts
4. Tunics
5. White Shirts
6. Skinny Pants
7. Dresses
8. Gold Jewelry - and lots of it
9. Black Leggings
10. Booties and Boots

musicspotlight



Albums:

"Unfaithful" - 7/2006

"A Girl Like Me" - 4/2006

"Music of the Sun" - 8/2005

Background: This 18 year old, Caribbean-styled dance-pop star, known as Rihanna, emerged onto the scene as an unknown superstar. She grew up on the fairly remote island of Barbados. A New York producer was vacationing there with his wife when he first heard Rihanna. He helped her record some music that ultimately led her to sign with Def Jam. In summer 2005, she released "Pon de Replay", a single off her debut album, full of Caribbean rhythms and beats with urban-pop songwriting that reached Top Two on Billboard's Hot 100 chart. She was nominated for two MTV Video Music Awards for Best New Artist and Viewers Choice as well as Choice R&B Artist and Breakout Female at Teen Choice Awards.

What Parents Should Know: Some themes throughout Rihanna's music include infidelity and relationships. Her dress, dance and sexual lyrics are provocative and suggestive.

Just For Thought: Of her life, Rihanna says, "There's no balance...99% being my career, there's 1% of my life which is personal and even in that 1%, my career always seems to find its way in there." Q: How important is it for you to have balance in your life? Why?

filmwatch

From comedy to horror, be informed if your teens ask to see these movies.

TITLE	RATING	RED FLAGS	GENRE	STARRING
Employee of the Month	PG-13	For crude and sexual humor and language	Comedy	Jessica Simpson, Dane Cook, Dax Shepard, Andy Dick, Efren Ramirez
The Departed	R	For strong brutal violence, pervasive language, some strong sexual content and drug material	Drama	Leonardo DiCaprio, Matt Damon, Jack Nicholson, Martin Sheen, Mark Wahlberg
Saw III	R	For strong grisly violence and gore, sequences of terror and torture, nudity and language	Horror	Tobin Bell, Shawnee Smith, Angus MacFadyen, Dina Meyer, Kim Roberts

OCTOBER 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				