

## Teens, Sleep & Drowsy Driving

Term	Definition
Attention Deficit Hyperactivity Disorders (ADHD)	A neurobehavioral disorder that affects 3-5 percent of all American children. It interferes with a person's ability to stay on a task and to exercise age-appropriate inhibition (cognitive alone or both cognitive and behavioral).
Chronobiology	The study of body clocks and circadian rhythms.
Chronotherapy	A rigorous treatment that involves delaying a teenager's bedtime in two- or three-hour increments every night until the teen's body clock is shifted all the way around the clock to the ideal time for bedtime.
Circadian rhythm	The body's natural timing system, which tells you when you should be awake, and when you should be sleeping.
Delayed Sleep-phase syndrome	A persistent sleep disorder that results when a person's internal biological clock is out of sync with and running behind time in the external environment.
Depression	A condition of general emotional dejection and withdrawal; sadness greater and more prolonged than that warranted by any objective reason.
Epilepsy	A brain disorder involving repeated, spontaneous seizures of any type.
Insomnia	A broad term that covers several variations of sleeplessness.
Light therapy	Involves exposure to bright light or darkness to help reset the body's biological clock, encouraging a more appropriate sleep-wake schedule.
Narcolepsy	A rare neurological sleep disorder that can make a person fall asleep suddenly; the disorder is triggered by a physical problem or defect deep within the brain.
Obstructive sleep apnea syndrome	A syndrome that describes a person who stops breathing for 10 seconds or more while sleeping; the episodes occur because the soft tissue in the mouth and throat collapses, blocking the flow of air.
Sleep apnea	A disorder where a person's throat muscles relax too much during sleep, causing difficulty breathing and repeated awakenings during the night.
Sleep debt	The difference between the number of hours you actually sleep and the number of hours you should have slept.
Sleep deprivation	A condition that occurs when a person fails to get enough sleep; the amount of sleep needed can vary by person. On average most adults need about seven to eight hours of sleep each night to feel alert and well rested. Teens need an average of about nine hours of sleep per night, and children need nine hours of nightly sleep or more, depending on their age.
Sleep phase delay	The natural shift in a teenager's circadian rhythm. The need to sleep is generally delayed about two hours.

