

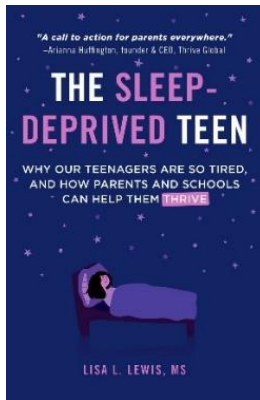
The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive

By Lisa L. Lewis, MS

Mango Publishing Group

On-Sale Date: June 7, 2022

“This convincing plea is well worth a look for parents and educators alike.”
–*Publishers Weekly* (starred review)



An actionable and eye-opening guide with solutions for today's sleep-deprived teens

Teenagers are overloaded, strapped for time, and often asked to wake far earlier than they should because of school start times. It's no surprise they're sleep-deprived as a result, with far-reaching consequences.

Now, parenting journalist Lisa L. Lewis, who helped spark the first law in the nation requiring healthy school start times for adolescents, has written a reader-friendly book for parents who want to help their exhausted teens. In *The Sleep-Deprived Teen*, Lewis synthesizes the research to provide parents of teens and tweens with reader-friendly information and strategies, including:

- The science of why sleep matters and how it changes during the teen years
- An overview of how sleep affects mental health, athletic performance, academic success, and more
- An essential primer on how gender, sexual identity, socioeconomic status and race and ethnicity can affect sleep
- An eye-opening look at technology and sleep
- A guide to making sleep-friendly changes at home and in schools to help teens
- An exclusive insider look at California's school start times law, which is effective July 1, 2022

Well-rested teens are happier and healthier and do better in school. They're more emotionally resilient. And they're easier to live with! In *The Sleep-Deprived Teen*, Lewis provides parents with the roadmap to more (and better) sleep for their teens – and perhaps even for themselves.

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Advance praise

“In this timely book, Lisa L. Lewis underscores why sleep is so vital for adolescent well-being and resilience and offers detailed, actionable tools for bringing about change. Grounded in science and filled with insights and inspiration, *The Sleep-Deprived Teen* is a call to action for parents everywhere to help their teens thrive.”

–**Arianna Huffington**, founder & CEO, Thrive Global

“In her compelling and deeply researched book, Lisa L. Lewis shows why sleep matters to the physical, emotional, and social well-being of teenagers. She deftly reviews the science, then provides practical advice for putting those scientific insights into action. For parents and educators everywhere, this book is an urgent and timely read.”

–**Daniel H. Pink**, #1 *New York Times* bestselling author of *When, Drive*, and *The Power of Regret*

“*The Sleep-Deprived Teen* provides a conversationally-paced review of the scientific background behind teen sleep challenges, and outlines a roadmap for healthier and better-slept teens through community and school advocacy. Investing in today’s teens, who are tomorrow’s leaders, truly does start with a good night’s sleep!”

–**Maida Lynn Chen, MD**, director, Sleep Center, Seattle Children’s Hospital, and professor of pediatrics, University of Washington School of Medicine

“Filled with outstanding research and reporting, *The Sleep-Deprived Teen* should convince every parent and educator of teens to make healthy sleep a priority. Lisa L. Lewis covers the latest research on sleep-deprivation and compels readers to consider practical changes around school start times, sports practices, media use, caffeine, driving habits and more, all with a goal of improving teen health and engagement with learning. Read it with your teen today!”

–**Denise Pope, PhD**, co-founder, Challenge Success, and senior lecturer, Stanford University Graduate School of Education

Lisa L. Lewis’ book should serve as a wake-up call to parents, lawmakers, school administrators, coaches, and teens everywhere. It’s nearly impossible to convince adolescents they need more sleep, but this book is full of persuasive facts even the most exhausted teen might heed. Don’t let your aspiring NBA players miss the chapter on sleep as a competitive advantage! *The Sleep-Deprived Teen* is a bright and easy read with profound implications for the health and development of teens.

–**Michelle Icard**, author of *Fourteen Talks by Age Fourteen*

The Sleep-Deprived Teen is a must-read for anyone caring for tweens and teens. It explains in a clear and accessible way how kids' sleep patterns change during puberty and why good-quality sleep is so critical to the physical and emotional well-being of our adolescents.

–**Vanessa Kroll Bennett**, co-host, *The Puberty Podcast*

While we often view waking sleepy teens for pre-dawn school as a joke at best or annoyance at worst, *The Sleep-Deprived Teen* shows why this practice undermines the health and well-being of children, families, and entire communities. Whether you live with, work with, or even know any teenagers, this engaging, illuminating book will awaken you to this “sleeper” of an issue and show you how we as a society can address it.

–**Terra Ziporyn Snider, PhD**, executive director and cofounder, Start School Later

Lisa L. Lewis, MS, journalist and author

Lisa L. Lewis is a freelance journalist who covers the intersection of parenting, public health, and education. *The Sleep-Deprived Teen* is an outgrowth of her previous work on the topic, including her role helping get California's landmark law on healthy school start times passed. Lewis has written for *The Washington Post*, *The New York Times*, *The Atlantic*, and the *Los Angeles Times*, among others. She's a parent to a teen and a recent teen who inspire much of what she writes about—everything from concussions and heat stroke to teenage sleep. She has a master's degree from the Medill School of Journalism at Northwestern University, an MFA from Mills College, and a bachelor's degree from UC Berkeley. She lives in California with her family. More information: www.lisallewis.com



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