**Vaping’s Impact on Sleep**

Tired, worn out, exhausted, drained, spent, dragging, these are all words that students use to describe how they feel. Sleep is a constant in most conversations with students. We all know that sleep is very important, but it is also one of the first thing that we sacrifice when life gets busy. This is especially true during the last few weeks of the semester, students are staying up late, working to get missing assignments submitted, complete projects and papers and of course to prepare for finals.

Sleep recharges our mental and physical batteries. Additionally, sleep affects learning and aides in memory and cognitive abilities. Many things can effect sleep, including stress, nutrition and mental health. But for youth, vaping is at the top of that list. A recent study in the Journal of Adolescence found that youth ages 12-17 who vaped, reported sleep related problems that included:

* Difficulty falling asleep
* Restless sleep
* Nightmares/Bad Dreams
* Daytime fatigue
* Brain fog

Nicotine is a stimulant, therefore it increases heart rate, blood pressure and glucose levels, all of which delay and/or interfere with sleep. It is always a good day to quit, if your teen is interested in quitting, please reach out to Candi Davenport MS, LADC for support and resources at cdavenport@relatemn.org.