

# Sleep deprivation common for all ages

By Debra Goldschmidt, CNN

I won't take it personally if you yawn while reading this story.

Chances are you're sleep deprived.

Sleep deprivation is such a rampant problem that last year the Centers for Disease Control and Prevention called insufficient sleep a public health epidemic.

Teenagers may be suffering the most. Researchers at Columbia University's Mailman School of Public Health called the problem "The Great Sleep Recession" in a new study published in the journal *Pediatrics*.

They surveyed more than 270,000 teens in eighth, 10th and 12th grades between 1991 and 2012 and found teens are getting less and less sleep.

The average amount is seven hours a day, which is two hours less than the nine hours they should be snoozing. African-American and Hispanic boys are the least likely to sleep enough. But why?

**Read the whole story**