

Teens Talk

High school students whose parents contributed to the "Tips for Parents Project" submitted the following personal statements for teens and parents.

Teens' Messages to Teens

I live in Canada. I have idiopathic hypersomnia. It is a struggle I deal with everyday. people usually just say "suck it up" or "it can't be that bad". Before I used to take naps at school. But I stopped because I did not find them useful for me. I am on several medications and that is my own choice. When I tell people I need ten to twelve hours of sleep and I go to bed at nine o'clock, they either say they don't believe me or I'm crazy/a freak. I don't feel bad for myself or use it as an excuse. And I don't expect people to feel bad for me. I may be tired beyond belief and I may fall asleep at school only for a couple minutes but I make it through. If I am still tired after school I might take a nap. It's something I learn to live with. It may be hard and I may be grumpy but that is part of life. On weekends I go to bed at nine o'clock and wake up at twelve thirty and if I'm still tired I take a three to four hour nap. With the medication and the extra sleep I make it through my day my way. Thank you for listening. **Age 13.**

Don't keep pushing yourself to do things when you're completely shot, just stop. Sometimes it's easier to not try to explain exactly what's going on to friends. It can just be a waste of time and energy that you can use on something else. However just because they don't understand doesn't mean they don't care too. When people around you say "I'm tired" it will most likely tick you off. But try not to comment on it because then you will have to explain. **Age 14.**

Teens' Messages to Parents

No matter what you do, you won't feel what the kid feels (mental or physical) it is almost always worse than the explanation makes you think. If they didn't do something you asked them to do (even if was asked more than once) it's not that they didn't listen to you, if they don't do it right when you ask then it most likely won't get done but don't keep pushing if they don't do it automatically there is a reason (brain fog/physical exhaustion) don't get mad at them. They aren't being disrespectful. It's just so hard. And no matter how much we sleep, we really are tired and we really have a hard time focusing. **Age 14.**