



Sleep Advice

Sleep is essential for supporting positive mental and physical well-being. It promotes healthy brain function and a better immune system, as well as helping growth and development in young people.

Sleep deprivation effects on teenagers include:

- Learners who get half an hour less sleep per night regularly score low to average marks in school tests/assignments than learners who take the recommended amount of sleep duration.
- Inability to concentrate
- Poor decision making (impulse control)
- Lower attention span
- Depression
- Inability to regulate emotions



Sleep requirements differ from person to person, teenagers generally need about 9 to 10 hours a night.

Causes of sleep deprivation include:

- Hormones – these can affect your sleep pattern, so a routine is vitally important
- Screen time – screen use in the hour before bed can stimulate your brain and delay sleepiness
- Stress and anxiety – this can play on your mind and lead to a lack of sleep
- Light exposure – too much light can make it harder to get to sleep and cause repeated awakenings

Bedtime Dos & Don'ts

Dos

Follow a sleep schedule

Try to wake up and go to sleep at roughly the same time each day to create a healthy sleep pattern.

Have downtime before bed

Set aside 30 minutes before bed to get your body and mind ready for sleep. Reading or having a bath/shower can help.

Exercise regularly

Exercise during the day has shown to improve sleep efficiency and duration, but try to avoid exercise just before bed.

Keep a journal

Keep a track of your sleep schedule and habits so you can work out what factors are affecting your sleep.

Don'ts

Use your bed as a workspace

Have dedicated areas for work and study away from your bed to ensure your bed remains a sanctuary for sleep.

Keep bedroom brightly lit

Dim or turn off bright lights and avoid screen use such as TVs, laptops and phones before bed as these can delay sleepiness.

Consume stimulants near bedtime

Caffeine and sugary drinks can heighten symptoms of anxiety and make it difficult to fall asleep.

Force sleep

If you are unable to get to sleep for a long period of time, get up and do something relaxing until you feel sleepier

