

Time spent in bed asleep is time well spent! Did you know that teenagers need 8 to 10 hours of sleep a night? Studies show however that most teenagers don't get enough sleep. In fact, one study revealed that only **15% of teenagers were getting 8 and a half hours of sleep on school nights....**



There Are So Many Reasons Why Sleep Is Important!

1. Mental Health
2. Concentration
3. Memory
4. Reduces risk of obesity
5. Physical/athletic performance
6. Motivation
7. Immune function
8. Ability to regulate behaviour and emotions
9. Social functioning
10. Productivity/performance
11. Judgement
12. Perception
13. Reduces the risk of heart disease, stroke and chronic illness
14. Healthy sleep reduces risk of accidents and injury

While sleep onset is something we can't control, we can control the conditions that make falling asleep easier, in our minds and in our environment. Teens (and everybody) need to prioritise sleep and develop healthy sleep habits

#### How Do You Develop Healthy Sleep habits

- Keep consistent bedtimes and wake times on school nights **and** weekends
- Keep technology (phones, iPad, TV) **out** of teens and children's bedrooms overnight.
- **Don't** use technology 1 to 2 hours before bed time.
- Wind down before going to bed. Allow an hour of relaxation time i.e. shower/bath, read.
- Eat dinner but avoid late meals
- Don't drink coffee or caffeinated drinks after lunch. Some people are more sensitive to caffeine and may have to reduce the amount they are drinking.
- Exercise during the day can help (but not just before bedtime.)
- If you are having trouble falling asleep you can try techniques such as progressive muscle relaxation, (see online 'The Raising Children's Network'.)
- Adolescents with ADHD, depression, anxiety and other disorders may have more trouble falling asleep and staying asleep and may need professional help. See your Gp if you or your children are continuing to have problems.

[Source - https://www.sleephealthfoundation.org.au](https://www.sleephealthfoundation.org.au)

Happy Sleeping,