

Sleep is vital for everyone of all ages and hopefully this guide will inform you how to get a better night sleep for yourself and your child. Teenagers need more sleep than adults, because of their biological rhythms, they naturally like to go to sleep later and get up later. So they are not always being lazy when they want a lie in at the weekend.

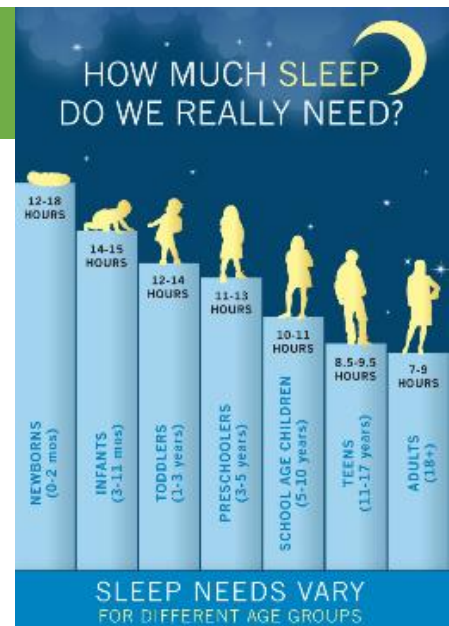
## How long and when should my child go to sleep?

It is recommended that teenagers need **8-10 hours** of sleep a night. Don't be alarmed, it is reported only 15% of teenagers get the recommended amount.

People are at their  **freshest**  when they wake up at the end of a sleep cycle. A sleep cycle will last **90 minutes**, which means ...

If **9 hours of sleep** is required for sleep and you want your child to get up at 7am, work back 90 minute blocks.

$6 \times 90 \text{ minutes} = 540 \text{ minutes (9 hours)}$



Meaning for them to get the 9 hours' sleep ideally you would want them asleep by 10pm the night before for a 7am start the next day.

## Benefits of a good night sleep?



- Better concentration
- Improved mental and physical health
- Better Coordination
- Reduces stress
- Improves memory

# Tips for a better night sleep ...

- Stay off electronic devices close to sleep or make sure they are on a night safe mode.
  - The blue light emitted from the screen will trick the brain into stopping the release of the sleep hormone melatonin and delay sleep. Apps like 'flux' for computers take the blue light out the screen to stop its negative effects.
- Have a regular wake and bed time - this allows the internal body clock to get into a pattern.
- Avoid caffeine after 6pm. Caffeine stays in the system for up to 6 hours and keeps you awake.
- Avoid eating close to bed time - up to two hours before and avoid sugary snacks close to bed time.
- Avoid napping during the day and if they are, make them no longer than 40 mins otherwise you go into your sleep cycle which makes you wake up groggy and disrupts your night time sleeping.
- Don't be active or exercising close to bed time.
- Have a relaxing evening - avoid anything that will get your child excited.



## Advice for you ...

As much as your child needs their sleep so do you, Parents miss out on an estimated total of 80 night's sleep during an 18-year period. Sleep is vital for everyone and these tips can apply for you too!