

TEEN SLEEP MATTERS

#TEENSLEEPMATTERS



Signs of Sleep Deprivation



Why does your teen have trouble sleeping?

Percent of parents reporting their teen has trouble falling asleep or staying asleep

Won't get off electronics/social media/phone

56%

Irregular sleep schedule due to homework/activities

43%

Worry about school

31%

Worry about social life

23%

Health problem/
medication

10%

Source: C.S. Mott Children's Hospital
National Poll on Children's Health, 2018

GOOD SLEEP



ENERGY
INCREASE



CREATIVITY
BOOST



LOWER STRESS
LEVELS



WEIGHT
LOSS



MOOD
IMPROVEMENT

BAD SLEEP



ANXIETY



HIGHER RISK OF
OBESITY AND
HEART DISEASE



HIGH BLOOD
PRESSURE



DECREASE OF
PRODUCTIVITY



LACK OF
CONCENTRATION

WHAT HAPPENS WHEN YOU DON'T GET ENOUGH SLEEP

SKIN ISSUES

Sleeplessness can make you more prone to wrinkles, fine lines and uneven skin tone.

FORGETFULNESS

Sleep helps our brains to "lock in" information, helping store and secure thoughts in our minds.

RESPIRATORY ISSUES

Lack of sleep can make you more susceptible to infections like the flu or the common cold.



WEIGHT GAIN

Lack of sleep triggers your brain to reduce your levels of leptin and increase your levels of ghrelin, leading to pre-bedtime snacking.

HEART PROBLEMS

Less than 5 hours of sleep may cause an increased risk of heart disease, stroke, and heart attacks.

HORMONES

Lack of sleep can disrupt hormone levels, altering growth and development through puberty.

DIABETES RISK

Not sleeping prevents your body from releasing enough insulin, a hormone that lowers blood sugar levels.

WEAKENED IMMUNE SYSTEM

Not getting enough sleep weakens your immune system by not allowing it to make enough protective substances.

The Connection Between Blue Light and Sleep Disruption



What is Blue Light?

Visible light with shorter wavelengths (380-500 nanometers) and more energy



TV



Computer



Smartphone

Daily usage of multiple electronic devices

Difficulty falling asleep due to blue light exposure.



Circadian Rhythm

Body clock regulating sleepiness and wakefulness.

Blue Light Effect

Suppresses melatonin production, shifting internal clock and disrupting sleep.

Science Direct Study

Blue light exposure reduces deep sleep ratio.



Health Concerns



- Poor sleep quality
- Next-day irritability, stress, impaired attention, and memory
- Increased risk of obesity, diabetes, and heart disease
- Mental health issues like depression and anxiety

What Color Light Is Best For Sleep?

Hues of **red, orange, and yellow** are better for preparing the mind and body for sleep.



Candlelight

Sunset

Direct sun

Overcast

Blue sky

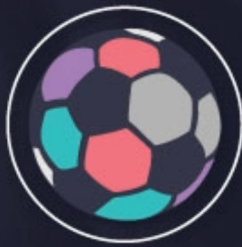


Warm light similar to a setting sun may help to signal that it is time for sleep. Exposure to bright lights and cool-toned colors, such as **blue light** from screens, can inhibit melatonin production and keep a person awake.

TIPS FOR TEENS TO PROMOTE A **GOOD NIGHT'S SLEEP**



Try to get up at about the same time each morning.



Enjoy some physical activity during the day, preferably outside.



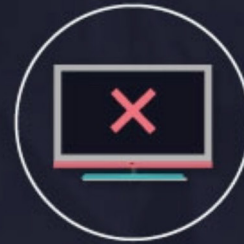
Worrying about things at night? Set time aside during the day for problem-solving.



Avoid drinking caffeine after 4pm as it's a brain stimulant.

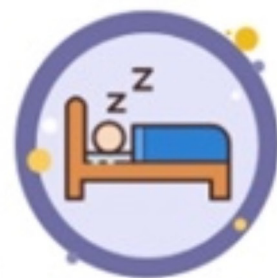


Allow time to wind down at night. If you're working or studying, stop at least 30 minutes before bedtime.



Avoid phones, tablets and watching TV just before bedtime.

The Ideal Bedtime Routine



01



Make your room comfy: A dark, quiet, and cool room is conducive to sleep.

02



Ditch the gadgets: Avoid phones, tablets, and computers at least an hour before bedtime.

03



No caffeine: Avoid large meals, caffeine, and alcohol close to bedtime, as they can disrupt sleep. Opt for a light, healthy snack if you're hungry.

04



Set a bedtime: Set a Try to go to bed at the same time every day, even on weekends.

05



Engage in relaxing activities: Read a book, take a warm bath, practice deep breathing exercises, or gentle stretches.

Mind - Sleep & Mental Health

NHS - Teenage Sleep Guide

Young Minds - Sleep Problems

Mind - Tips to Improve Your Sleep

Mental Health UK - Sleep Hygiene