“Adolescents (teenagers) need between nine and 10 hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager's academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.” (Better Health Channel)

Do you get 9-10 hours of sleep per night?

How much sleep does the average teenage get per night?

How much sleep do you get per night?

“Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.”

(Better Health Channel)

What are the reason you are not getting enough sleep per night?
Teenagers and sleep
Name

Using the above website fill in the missing words that explain why teenagers suffer from sleep deprivation.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Puberty hormones** shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.

- **Hectic after-school schedule** –

- **Leisure activities** – the lure of stimulating the Internet and can keep a teenager out of bed.

- **Light cues** the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

- **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An asleep.

- **Social attitudes** – in than sleep.
- sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Which one of the above applies to you?

Name 5 of the effects of sleep deprivation.

Using the website give 3 tips that can be used to prevent sleep deprivation

1. 
2. 
3. 

Other issues to consider

If lack of sleep is still a problem despite your best efforts, suggestions include:

- Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
- Consider learning a relaxation technique to help you wind down in readiness for sleep.
- Avoid having any food or drink that contains caffeine after dinnertime. This includes coffee, tea, cola drinks and chocolate.
- Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.
- See your doctor if self-help techniques don’t increase your nightly sleep quota.