

Questions	Answers
<p>How much sleep do teenagers and adults need each night? How many hours do you think teenagers get?</p>	
<p>What might the consequences of poor, or not enough sleep be? Can people ever 'catch up' on sleep?</p>	
<p>What might the pros and cons be of using phones before bed, and to help track sleep?</p>	
<p>How might healthier sleep habits and high-quality sleep benefit someone?</p>	

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<p>How much sleep do teenagers and adults need each night? How many hours do you think teenagers get?</p>	<ul style="list-style-type: none"> • Research shows the average teenager needs just over 9 hours sleep a night, whereas the average for adults is 7 hours. This can be particularly challenging to manage as teenagers often don't feel tired until considerably later (e.g. 11pm) and have changing routines that require them to wake up in time for school. • The majority of teenagers are sleep deprived, (often by more than 2 hours of required sleep per night) which accumulates over time.
<p>What might the consequences of poor, or not enough sleep be? Can people ever 'catch up' on sleep?</p>	<ul style="list-style-type: none"> • Consequences of poor quality or too little sleep might include: challenges focusing, paying attention, remembering things, making decisions. Lack of sleep can also affect someone's mood, as well as their athletic performance and reaction speeds. • Trying to 'catch up' on sleep can actually make sleep worse. An erratic sleep schedule (for example, staying up later at weekends and sleeping in later) make it even harder to fall asleep on Sunday night and wake up on Monday morning. It is much better to maintain regular waking hours over the weekends to keep the body in routine. Napping can help sleepiness but should be for no longer than 15-30 mins and in the early afternoon. Napping for longer than this or late in the afternoon can make it difficult to fall asleep at night.
<p>What might the pros and cons be of using phones before bed, and to help track sleep?</p>	<ul style="list-style-type: none"> • Lots of apps suggest they can help to promote or track sleep, however little research has been done into how effective these really are. • Any benefits the app may provide are also likely to be outweighed by having the phone on the bedside table, as the lights on phones and constant notifications throughout the night can have a significant negative impact on sleep. • As blue light filter apps are relatively new, research studies have not yet been published. However, using your phone before sleep still has other impacts as people are engaging in conversations, games, processing information etc. at a time when the brain needs them to wind down.
<p>How might healthier sleep habits and high-quality sleep benefit someone?</p>	<ul style="list-style-type: none"> • Sleep supports healthy brain growth and development and can improve brain functions such as memory, organisation, decision making, creativity, attention and focus. • High quality sleep can help someone to feel more upbeat and in a better mood, and can improve someone's athletic performance and reaction speeds. • Research also suggests that students who get the best results in tests sleep more than their peers.



Klaudia
12 years old

Klaudia has a really busy after-school schedule. She finishes school at 3.30pm, and stays behind for homework club most days, until 4.30pm. When she gets home, she plays on her phone or watches TV, before helping out in the family shop until 7pm. She goes to basketball training three times a week (between 7.30–9pm). When she gets home she needs to shower and wash her hair, so usually eats dinner at about 9.30 or 10pm. Then she relaxes by watching TV or chatting on social media before falling asleep around midnight. She is always tired when her alarm goes off at 7am to get ready for school, and usually snoozes it for at least half an hour.



Benji
13 years old

Benji feels tired all the time. He finds it difficult to wake up in the morning and gets into arguments with his parents most mornings. He often gets into trouble for being late to school, too. He has a caffeinated drink on the way to school to help wake him up, and usually three or four more during the day. He sometimes finds himself falling asleep during lessons, and most days he has a nap when he gets home from school, between 4.30 and 6pm. The only time he feels energetic or awake is in the evening, and he doesn't feel tired when he tries to go to bed! At weekends he usually has a lie in until 1pm to catch up on sleep. He tends to stay out late with friends on Friday and Saturday night.



Ryan
11 years old

Ryan has just started secondary school. It starts earlier in the morning than his primary school, and his journey to school takes longer too. To make it on time, he gets up at 6.30am. He is finding it really hard and feels very tired. This is made even worse because Ryan sometimes feels worried about his new school and finds it hard to keep track of everything he needs to do. He's been told off twice because he forgot his equipment. He often lies in bed running through in his mind all the things he needs to pack in his schoolbag for the next day. He sometimes wakes up in the night worried that he is going to get in trouble again.



Shaznay
12 years old

Shaznay got her first phone for her birthday. She has started using it as an alarm clock, so she sleeps with it on her bedside table, and sometimes she listens to a podcast or a relaxation app to help her fall asleep. Other nights, she uses it for an hour or so before she goes to bed, so she stays up later than she means to. Her phone often goes off during the night and it is hard to resist checking the notifications, and checking her phone is the first thing she does in the morning. She often feels tired when she wakes up, and less alert than she used to; she's noticed that she finds it hard to pay attention when her parents tell her to do something, or a teacher gives an instruction in school.