



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Church of England Primary

Kings Langley Partnership of Schools
Working Together to Prepare our Children for the Challenges of Tomorrow



Teenagers & Sleep

Why do we need sleep?

We tend to think of sleep as a time when the mind and body shut down. But this is not the case, sleep is an active period in which a lot of important processing, restoration and strengthening occurs. The reason we need sleep is for optimal health and wellbeing.



What does it do?

One of the virtual roles of sleep is to help us solidify and consolidate memories. As we go about our day, our brains take in an incredible amount of information. Rather than being directly logged and recorded, however, these facts and experiences first need to be processed and stored; and many of these steps happen while we sleep. Overnight, bits and pieces of information are transferred from more tentative, short-term memory to stronger, long-term memory—a process called "consolidation". Research also shows that after people sleep, they tend to retain information and perform better on memory tasks. Our bodies require long periods of sleep in order to restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones.

How much sleep do I need?

Healthy sleep is critical for everyone, since we all need to retain information and learn skills to thrive in life. This is why children need more sleep than adults throughout their development. While adults need 7-9 hours sleep per night, teenagers need between 8-10 hours sleep. During these critical periods of growth and learning, younger people need a heavy dose of slumber for optimal development and alertness.

The best sleep habits are consistent, healthy routines that allow all of us, regardless of age, to meet our sleep needs every night, and keep on top of life's challenges every day.

Fun Facts:

- Sleep is vital to well-being, as important as the air we breathe, the water we drink and the food we eat. It can even help us to eat better and manage the stress of being a teen.
- Biological sleep patterns shift towards later times for both sleeping and waking during adolescence—meaning it is natural to not be able to fall asleep before 11.00pm.
- Teens need about 8-10 hours sleep each night to function best. Most teens do not get enough sleep.
- Teens tend to have irregular sleep patterns across the week—they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.



Sleeping Do's and Don'ts



Do's

- ◆ Establish a regular bedtime and rise time.
- ◆ Exercise late afternoon/early evening.
- ◆ Take a hot bath or shower a few hours before bedtime.
- ◆ Establish a comfortable sleep environment.
- ◆ Be patient with yourself, sleep routines take time to bed in (!) Getting upset about not sleeping will not help.
- ◆ Turn your light on and reading something easy if you cannot get to sleep after a long period of time.
- ◆ Practice some mindfulness in the evening.
- ◆ Count sheep! Counting breaths up and back from 10, 20, 50 etc. or doing a mental body scan is a good way to focus yet slow down the brain's mental activity.
- ◆ Drink more during the day and limit fluids in the evening.



Don'ts

- ◆ Try too hard to go to sleep, instead try to tune into your body's natural need for sleep.
- ◆ Take daytime naps.
- ◆ Have caffeine after 4.00pm. This includes energy drinks and tea.
- ◆ Go to bed too hungry or too full.
- ◆ Use your bed for studying, watching TV, gaming or eating. Instead save it for rest and sleep.
- ◆ Use electronic devices within the hour you plan to go to bed. The blue light mimics natural light which activates the brain.
- ◆ Clock watch! This can make you more anxious and less likely to sleep. Set the alarm then turn the clock face away.
- ◆ Eat spicy or acidic foods before bed e.g. orange juice, peppery crisps.
- ◆ Check the time or put the light on if you wake up. Instead just re-orientate yourself, get comfy and use your breath to take you back to sleep.

