

Did you know?

Teenagers are often known for sleeping for a long time but perhaps at the 'wrong' times. Getting your child into a regular pattern of sleep is very important. Here is what the research says about sleep:

- It is better than any other performance-enhancing method
- It makes us live longer
- It improves our creativity
- It enhances our memory
- It can protect us from illnesses
- It makes us considerably happier
- If we get 8 hours, it reduces our reliance on sugary foods and caffeine
- Scientists have found that people who go to bed earlier and sleep for a regular number of hours have less negative thoughts
- It is free!



How can you help?

You may find your child rather resistant to any changes to their sleep patterns. We know that many teenagers are on their 'screens' for hours before bedtime and even check their phones during the night. The light that is given off the screen is not conducive for a good night's sleep. Here are some things you can suggest:

- Screens turned off and out of the bedroom an hour before bed
- A routine that helps wind down before sleeping
- A regular bedtime and 'getting up' time routine so that their body has a pattern
- No caffeine late at night (including energy drinks)
- A way of recording distracting thoughts - perhaps get them to write down what they are concerned about in a book next to their bed, so they are not dwelling on it all night.

Sleep solves so many issues, it is worth a conversation with your child to explain how important it is and there may also be some things in there that adults can adopt too!