

TEENAGERS AND SLEEP



According to research, a teenager requires between eight and ten hours of sleep per night. This is more than a child or an adult requires. Despite this, most adolescents only get 6.5 to 7.5 hours of sleep per night, with some getting less. Chronic sleep deprivation results from not getting enough sleep on a regular basis. This can have a significant impact on a teenager's life.

Causes of teenage sleep deprivation

- Hormonal time shift
- Using screen based devices
- Hectic after-school schedule
- Leisure activities
- Light exposure
- Vicious circle
- Social attitudes
- Sleep disorder

Sleep tips for teenagers

- Choose a relaxing bedtime routine
- Avoid screens or any other activity that gets your mind racing for at least an hour before bedtime.
- Avoid stimulants in the evening like coffee, tea, etc.
- Keep your bedroom dark at night.
- Get active during the day so you are more physically tired at night.
- Set up a comfortable sleep environment.
- Set up a regular wake-up time.
- Avoid staying up late on the weekends. Late nights will undo your hard work.

