

# Sleep

**Sleep is super important for your teen's physical and mental health. Teenagers should aim for 9 hours a night to feel their best.**

When we don't get enough sleep, we're not only grumpy but it can have serious effects on our mental health. When we sleep our brains deep clean!

*Fun fact: not all sleep is equal! Rapid eye movement (REM) sleep is the stage of sleep that is linked to dreaming, making memories stronger, emotional processing and brain boosting.*

**When it comes to supporting your teen for sleep success, there are a few things you can encourage them to do:**

- Try to avoid electronics at least 30 minutes before bed. Opt for a book or at least put your phone in 'night mode' to avoid the blue light
- Develop your own bedtime routine with quiet and soothing activities – no intense games right before bed!
- Allocate 'worry time' during the day where you can brain dump what's on your mind so you're less likely to think about them at bedtime
- Say no to stimulants like sugar, coffee, black tea, energy drinks and soft drinks, close to bed time
- Avoid daytime naps or aim for a 20-minute power nap if you really need a pick-me-up
- Don't spend time in bed doing things other than sleeping – eating in bed, playing games, scrolling Insta can be bad – you want to have a mental association between bed = sleep – so move your vegging out to the couch
- Think of your room as the perfect sleeping haven – make sure it's dark, cool, and quiet and dedicated to sleep!

## Some things that can affect sleep:

Apart from screen time and caffeine, there are other things that may affect your teen's sleep.

- Over sleeping
- Circadian rhythms
- Sleep disorders such as insomnia

## Where to go for help:

- School Based Youth Health Nurse ([nurse.hollandpark@health.qld.gov.au](mailto:nurse.hollandpark@health.qld.gov.au))
- Your local doctor
- Online articles

[Why sleep is so important? | Kids Helpline](#)

[Exercise, sleep, and screen time – how much do kids need? | Children's Health Queensland](#)

