

Maintaining your teenager's well-being

SLEEP

Ensuring adequate sleep for teens

- Sleep plays a crucial role in maintaining good health, so it's vital to ensure that your teenager gets enough rest to function properly.
- Insufficient sleep can lead to various issues such as fatigue, irritability, lack of focus, unhealthy eating habits, and a decreased likelihood of engaging in physical activity, all affecting their overall well-being and ability to handle school and life challenges.
- Many teenagers struggle to get adequate sleep due to late-night studying or distractions like binge-watching shows and social media.
- Simply being in bed doesn't equate to quality sleep; teens typically require around eight to ten hours of sleep each night to support their growing bodies.
- To help them get enough rest, establish a bedtime routine that aligns with their wake-up time, ensuring they are asleep by a suitable hour, to support their overall health and well-being.

Mobile devices, screens, and sleep

- The ability of teenagers to get sufficient sleep can be significantly affected by their constant access to a 24/7 online community through social media, as well as their strong urge to play games and watch TV shows late into the night.
- As they progress to sixth form, it becomes more challenging to enforce rules like turning off phones that were easier to implement when they were younger. Engage in discussions with your teenager about responsible mobile usage during calm moments when neither of you is tired or emotional to prevent arguments. This approach increases the likelihood of reaching a compromise that suits you both.



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Sixth Form

Encouraging healthy habits

- Allocate at least 30 minutes of screen-free time before bedtime to promote better sleep quality. Consider engaging in activities like listening to audio books, podcasts, or soothing music with the phone closed to avoid glare and visual stimulation.
- Use timers to avoid concerns about leaving the phone on all night if they fall asleep.
- Activate bedtime mode on phones during sleeping hours to prevent distractions from alerts and messages.
- Utilise the "Do Not Disturb" feature to silence calls and messages at a set time every night, with exceptions for emergencies.
- Adjust the phone's night screen settings to reduce glare in the evening, as bright screens with white light can hinder sleepiness.
- Cultivating positive phone habits now will have long-term benefits in the future.

Avoid sleeping in

- Establishing a consistent routine is key to ensuring your child wakes up around the same time each morning. While it may be tempting, try to limit late mornings on weekends. Extensive lie-ins can disrupt their sleep pattern, making it challenging for them to fall asleep at a reasonable hour on Sunday and, consequently, making waking up on Monday mornings more difficult. To help sync their body to a regular cycle, aim to maintain consistent bedtimes and wake-up times each day. Plan engaging activities for weekend mornings to motivate them to rise and shine.

Lead by example

- Are you practising what you preach? As your teen grows older, it becomes more challenging to enforce rules, but you can inspire them by being a positive role model. If they see you following the same advice you give them, it will be easier for them to adopt healthy sleep habits.

