

# World Sleep Day 2023



Lack of sleep makes young people more anxious, able to concentrate less, have more changes in mood, hyperactivity at school and increases challenging behaviours. It also makes you more likely to be sick later in life.

There is a higher likelihood of sleep deprivation in young people, with 25% of those between the ages of 12-15 not getting the recommended 8-10 hours of sleep.

For the parents and carers - Sleep deprived adults having less than 7-9 hours of sleep a night have been shown to be 80% less productive. Modelling good sleep habits is good for your health as well your children.

Lets all sleep well to learn well.

# Tips to Improve Your Sleep



Things we can all do to improve our sleep:

- Make sure we get the recommended 30min of exercise (huff and puff) a day
- Make a bedtime routine. Bedtime should be roughly the same time (give or take an hour) and wake up at roughly the same time each day. This includes on the weekends!
- Relax the body and mind at the end of the day. Read a book, do some stretches or some colouring in, listen to a meditation on Smiling Minds or Headspace.
- Keep those devices out of the bedroom! Especially in the hour before bed. 85% of young people are not getting enough sleep because of technology use at bedtime.
- Avoid large meals of an evening, especially with high sugar or fat content. Avoid caffeine, especially after lunchtime.

Nurse Joss

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SCHOOL HEALTH NURSES  
Better health for better learning

