



# ONLINE ASSIGNMENT

## TEENAGE SLEEP

Everyone sleeps the same, right? WRONG.

We all need different amounts of sleep depending on our age. We also all have different factors that influence how long we sleep for and how well we sleep. How and when we sleep changes dramatically from around the onset of puberty, through to when you are about 20 years old.

This online assignment will help you get a better understanding of what happens to your sleep during these years, and how you can help to improve your sleep.

### **Instructions**

- A. Go to the Sleep Health Foundation website: [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)
- B. Find the fact sheet on Teenage Sleep
- C. Answer the following questions

### **Questions**

1. What is different about sleep in teenagers?

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2. What happens to the body clock around the onset of puberty?

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3. What social factors stop teenagers from going to bed early?

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4. What are the signs that a teenager is not getting enough sleep?

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5. How can a teenager improve their chances of getting enough sleep?

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6. What is bright light therapy?

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