



True or False

1. It doesn't matter when you sleep, so long as you do sleep



True or False

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FALSE



The sleep process

Sleep is controlled by two interconnected systems:

- **Circadian rhythm (or body clock)**
- **Homeostatic drive (or pressure to sleep)**

These two systems work together, taking their cues from day (light) and night (dark), and how long you have been awake, to:

- **Regulate body temperature in preparation for sleep**
- **Release sleep hormones**
- **Increase the body's pressure to sleep**



**Are you a night owl or an early
bird?**

ACTIVITY

**MORNING-EVENINGNESS
QUESTIONNAIRE**



The sleep process

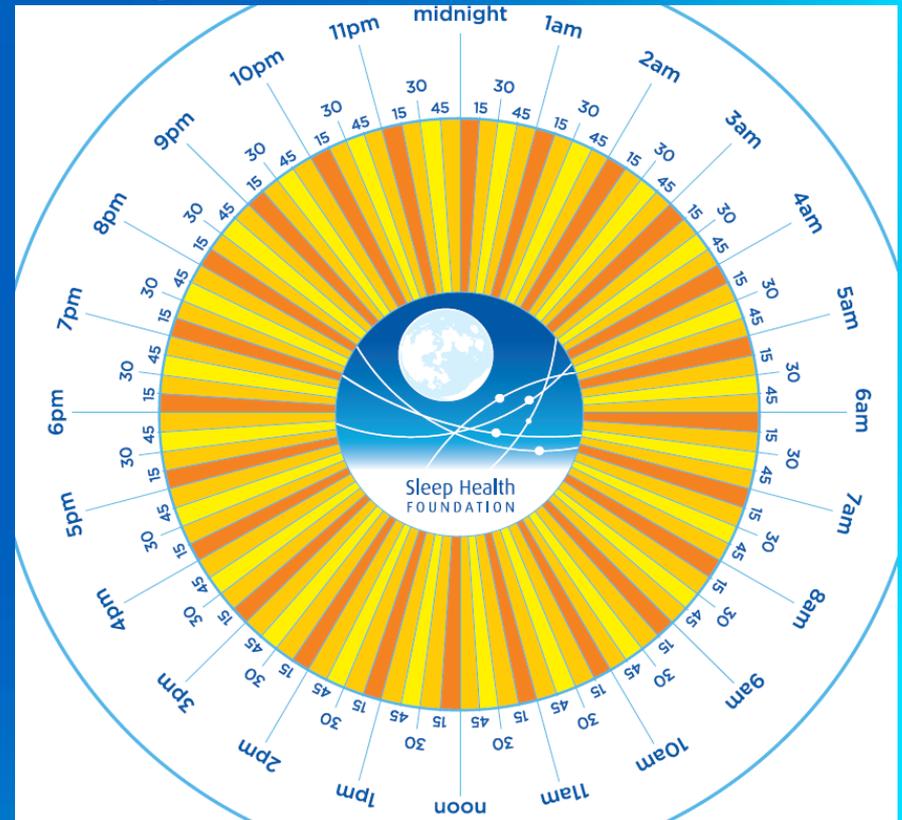
The best time to sleep is at the point where the circadian sleep cues intersect with the peak pressure to sleep

10:00pm – 7:00am

So what time should you go to sleep?

If you are between 11 - 18 years old, it is recommended that you get

8½ – 10 hours of sleep per night





True or False

2. Sleep is as important to your health as diet and exercise



True or False

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TRUE



The 24-hour day

Sleep is an active process. During sleep we are:

- Growing taller and stronger
- Making memories and establishing learning
- Repairing our muscles and replenishing our energy
- Processing and calming our emotions
- Regulating our hormones so that we don't increase our risk of gaining weight, getting heart disease, having high blood pressure, getting diabetes (the list goes on)



Not all sleep is the same

ACTIVITY

SLEEP IN TEENAGE YEARS



True or False

3. Watching TV, using your computer, tablet or phone before bed can help you get a good night's sleep



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FALSE



The problem with TV, computers, iPads, phones, etc

- Electronic devices emit a certain type of light which tells our body it's time to wake up
- They can stop you going to sleep at a time that allows you to get enough sleep
- They can give you “social jetlag” – feeling tired, grumpy and fuzzy headed because you don't go to sleep the same time every night



Tips to sleep better

- **Go to bed the same time every night**
- **Turn off all electronic devices at least 30 minutes before bed**
- **Make sure your bedroom is not too light or too hot (or cold)**
- **Avoid caffeinated drinks (e.g. Coke, coffee, tea) for at least 4 hours before bed**
- **Don't nap for any longer than 20 minutes during the day**
- **Be sure to get outdoors and get some exercise during the day**



How well do you sleep?

**ACTIVITY
SLEEP DIARY**



Do you have trouble sleeping?

If you have problems going to sleep, staying asleep or wake up tired every day, then talk to your parents and your doctor. You could have a sleep problem that can be easily fixed.

If you are not sure and just want some more information, visit the [Sleep Health Foundation](#) or [Australasian Sleep Association](#) website to ask an expert.



The Science of Sleep

ACTIVITY
CROSSWORD