

# Are you getting enough sleep?

Getting enough sleep is crucial for both your emotional and physical health. When you sleep well, your body has time to heal, and your brain can process emotions, helping you be more resilient.

## Why sleep is important

**Mental health** - When you don't get enough sleep, your brain doesn't get the chance to rest, process what has happened during the day, and make new memories. This can make it harder to focus, remember things, and think clearly. Ever notice how you're extra moody or stressed when you're tired? That's because lack of sleep can impact your ability to regulate emotions, making it easier to feel anxious, sad, or angry.

**Physical health** - Sleep helps your body heal and grow. When you sleep, your muscles recover, and your immune system gets a boost, so you don't get sick as easily. Your body also uses that time to balance out hormones, like the ones that control hunger, so you're less likely to feel hungry all the time or crave junk food.

**Energy levels** – Sleep recharges our batteries. It helps you stay active, do well in sports, and stay alert.

**Better performance** - Whether it's school, sports, or other activities, sleep can help you perform better. You need sleep for your brain to process and store what you've learned, which is why studying or practicing before a good night's sleep works better than cramming all night.

Watch this [video](#) for more information.

## Tips for better sleep

Teenagers should be aiming for 8-10 hours of good quality sleep each night, or 9-11 hours if you are in primary school. We might all have time when we have lots going on, and it is harder to fall asleep, but getting into a healthy routine can really help.

**Stick to a routine** - Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your internal clock, making it easier to fall asleep and wake up feeling refreshed.

**Limit screen time** - The blue light from phones, tablets, and computers can mess with your sleep by interfering with melatonin, the hormone that helps you fall asleep. Try to avoid screens at least an hour before bed.

**Create a relaxing bedtime routine** - Doing calming activities before bed like reading a book, listening to soothing music, or doing some light stretching can help signal to your body that it's time to wind down.

**Be active during the day** - Regular physical activity can help you sleep better at night. Just make sure you're not exercising too close to bedtime because it might make you feel too energized.

**Make your room comfortable** - A cool, quiet, and dark environment is ideal for sleeping. If possible, remove distractions like loud noises, bright lights, or anything else that might keep you awake.

**Watch what you eat and drink** - Eating a big meal or drinking too much before bed can make it harder to fall asleep. If you're hungry before bed, try a light snack like a banana or some nuts. Avoid caffeinated drinks in the afternoon or evening. Sugar can also give you a burst of energy that could make it harder to fall asleep.

**Manage stress** - If you're feeling stressed or anxious, it can be harder to fall asleep. Finding ways to relax and manage stress, like journaling, deep breathing, or talking to someone you trust, can make a big difference.

**Get out in the sun** - Getting sunlight during the day helps regulate your sleep-wake cycle. Try to spend some time outside in the morning or afternoon, especially if you're feeling tired during the day.

**Don't nap too long** - If you need to nap during the day, try to keep it under 30 minutes and not too close to bedtime. Long naps can interfere with your ability to fall asleep at night.