



# You snooze you ~~lose~~ win

How much do you know  
about sleep health?

[sleephealthfoundation.org.au](https://sleephealthfoundation.org.au)



**True or False?**



**1. If you get (enough) sleep, you'll always sleep well, no matter what time of day**

**TRUE**

**FALSE**



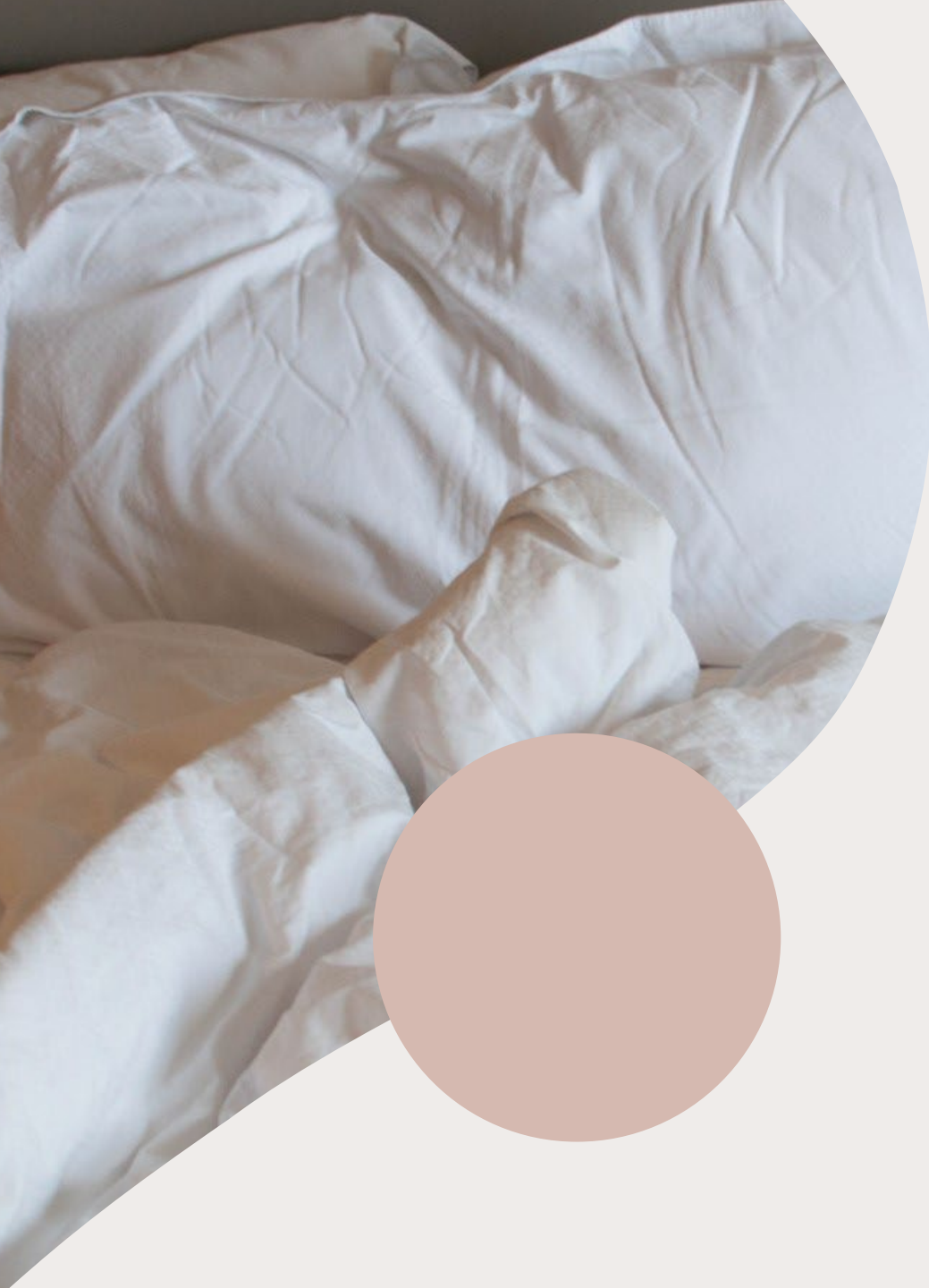


**1. If you get (enough) sleep, you'll always sleep well, no matter what time of day**

TRUE

FALSE





# The Sleep Process

Sleep is influenced by two key processes or systems:

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

These two processes work together to help us sleep at night and stay awake during the daytime.

They take cues from light (day or night-time) and how long we have been awake or asleep for to help:

- 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



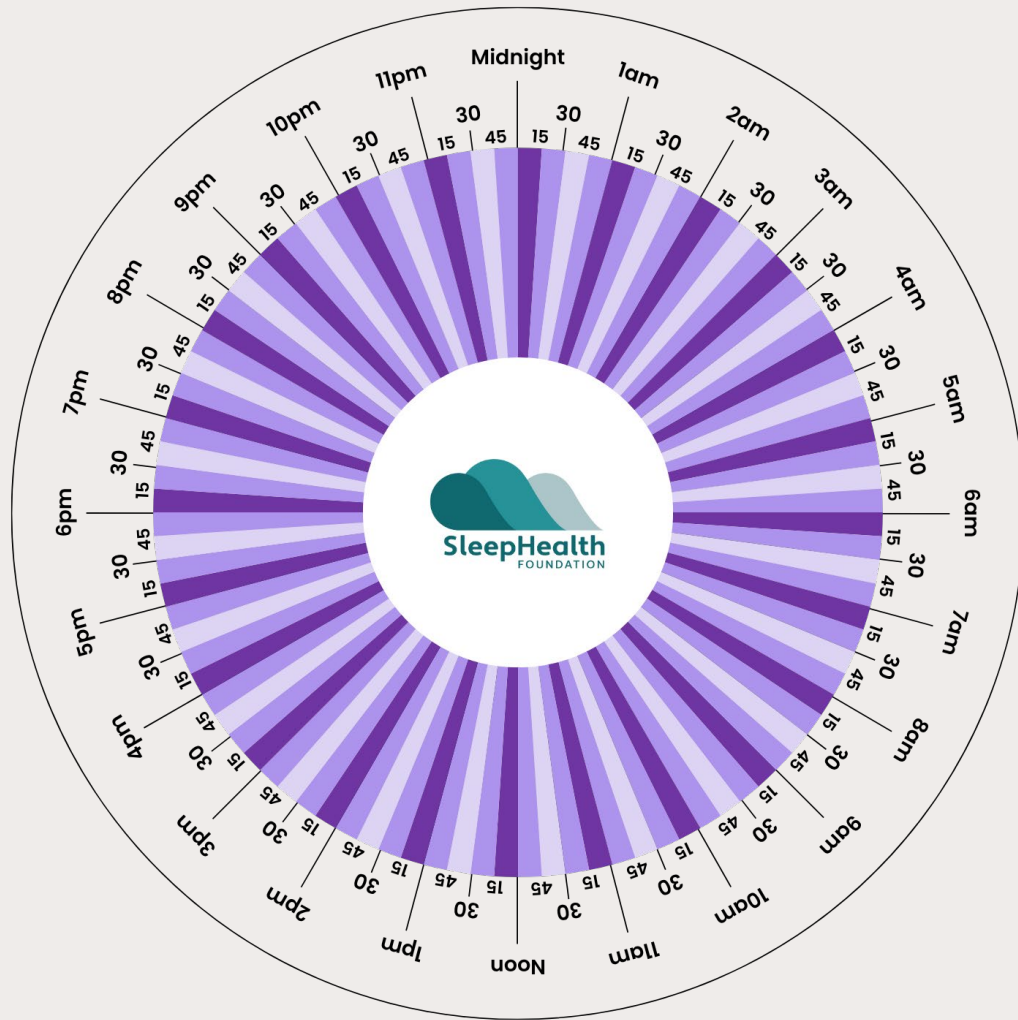


# The Sleep Process

The best time to sleep is usually during the night-time. This is when the usually the point where the circadian sleep cues intersect with the peak pressure to sleep.



**E.g. 10pm–7am**



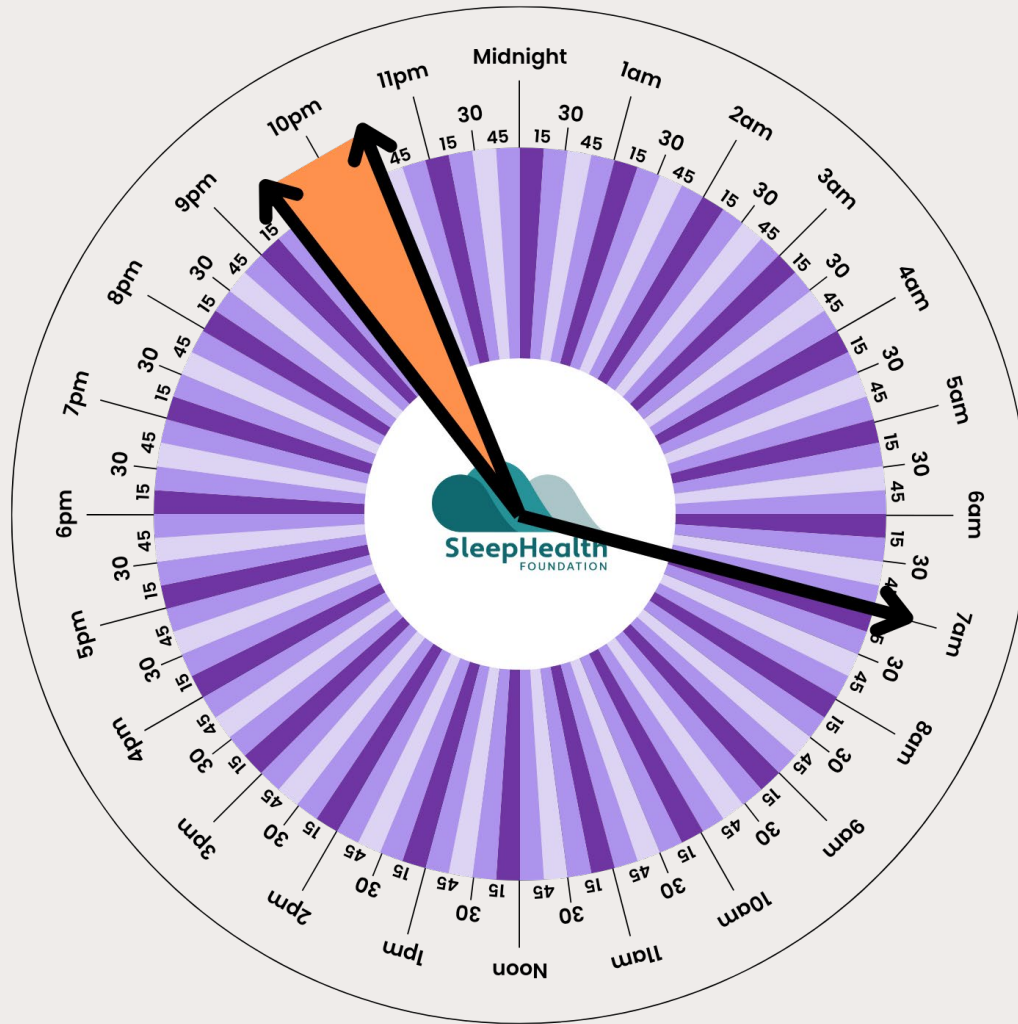
How much sleep you  
need by age group



## So, what time should you go to sleep?

If you are between 11 and 18 years  
old, it is recommended that you get  
**7 to 11 hours of sleep per night**,  
depending on your particular age  
range.





How much sleep you  
need by age group



# So, what time should you go to sleep?

If you have to get **up at 7am**, then  
go to bed somewhere **between  
9.30pm and 10.30pm**.



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

**TRUE**

**FALSE**





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**TRUE**



**FALSE**



# Sleep plays a vital role in the 24-hour day

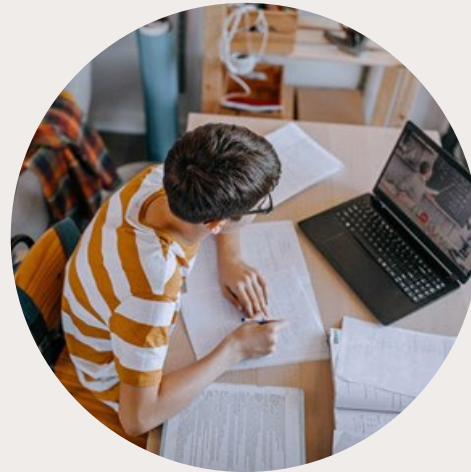
Sleep is an active process. During sleep we are:

- Growing taller and stronger
- Making memories and establishing learning
- Repairing our muscles and replenishing our energy
- Processing and calming our emotions
- Regulating 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





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

**TRUE**

**FALSE**





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**TRUE**

**FALSE**





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

- Bright light, such as from devices, can tell our body that it's time to be awake. Bright light can suppress our body's production of melatonin, the hormone that tells our body it's time for sleep
- Depending on what we do on our devices, this can be very stimulating, making us feel more alert and awake
- If you're using devices in the bedroom, especially *in bed*, your body can start to associate the bedroom/bed with stimulating activities rather than sleep
- When you do stop using a device, it can be hard to “switch off”, which can make it harder to fall asleep
- This can prevent you from falling asleep at a time that allows you to get enough sleep
- Devices may 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

- Aim to go to bed around the same time every night (within 30 minutes)
- Make sure that device use is outside the bedroom, and especially not *in bed*
- Make sure your bedroom is not too light (bright) or too hot (or cold)
- Avoid caffeinated drinks (e.g. soft drink, coffee, tea) for at least 4 hours before bed
- Don't nap for any longer than 20 mins 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 website. The website has almost 100 fact sheets written by experts in sleep science and medicine.



# The Science of Sleep

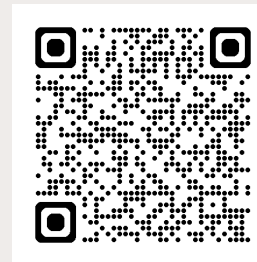




# Thank you!

## Sleep Health Foundation

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newsletter

