

WHY SLEEP MATTERS FOR TEENS

ACADEMIC ACHIEVEMENT

Improved focus
Better concentration
Improved memory
Information retention
Consolidation of learning
Better problem-solving

CREATIVE PURSUITS

Focus, concentration
Memory
Expansive thinking
Heightened creativity

PHYSICAL GROWTH AND HEALTH

Release of growth hormones
Healthier food consumption behaviour
Easier weight management
Increased propensity to exercise
Greater immunity to common illnesses
Better resilience and recovery times

SPORT PERFORMANCE

Improved physical performance
Better coordination
Improved reaction times
Better muscle & tissue repair
Reduced risk of injury
Shorter recovery times

MOOD AND EMOTIONAL WELLBEING

Improved mood
Less extreme/intense emotions
More predictable emotions

RELATIONSHIPS AND SOCIAL DEVELOPMENT

Easier to get on with others
Improved relationships with friends and family
Greater sense of belonging

MENTAL HEALTH

Prevents or alleviates symptoms of anxiety
Prevents or alleviates symptoms of depression
Reduces risk of self-harm and suicidality

DECISION MAKING AND RISK TAKING BEHAVIOUR

More considered, rational decisions
Reduced likelihood of accidents
Decreased risk-taking behaviour, e.g.

- Driving - drunk, no seatbelt, texting
- Cycling without helmet
- Smoking
- Fighting
- Substance misuse - alcohol, drugs
- Risky sexual behaviour

“There does not seem to be one major organ in the body or process within the brain that is not optimally enhanced by sleep (and detrimentally impaired when we do not get enough).”

MATHEW WALKER, PROFESSOR OF NEUROSCIENCE AND PSYCHOLOGY AT THE UNIVERSITY OF CALIFORNIA, BERKELEY