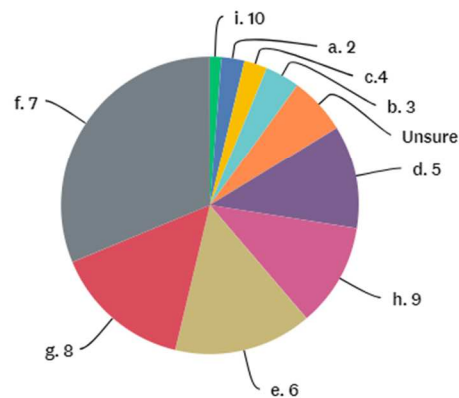


Sleep Deprivation Report

Teenagers should be getting between 8 to 10 hours of sleep each night however, in a survey aimed at students of Kapunda High School, it was found that most teenagers are getting up 8 or less hours of sleep.

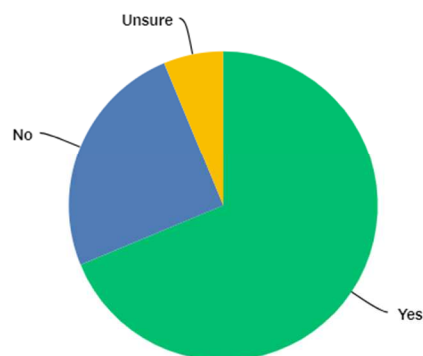
How many hours of sleep do you get?

Answered: 80 Skipped: 0



Do you think you should be getting more sleep?

Answered: 80 Skipped: 0



Sleep deprivation is the condition of experiencing an inadequate amount of sleep. Sleep helps healthy brain function and emotional well-being; allowing one's body to prepare for the next day. It supports physical health – enabling healing and repair of the heart and blood vessels as well as daily performance and safety, which helps the body to function successfully.

School Well Being Leader, Mrs Cummins, highlighted some of the main causes of sleep deprivation in teenagers at KHS:

- Gaming
- Part-time job
- School work/deadlines

- Family responsibilities
- Mental health issues

Sleep deprivation can cause the imbalance of many areas of mental and physical wellbeing. Some of these effects include:

Mental:

- Concentration difficulties
- Mentally 'drifting off' in class
- The inability to read other people's emotions as well as your own
- It decreases the ability to deal with stress
- It can sometimes cause short-term memory loss
- Shortened attention span

Physical:

- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced physical performance

Several strategies to prevent sleep deprivation include:

- Going to bed/waking up at the same time each day. The recommended time to be asleep is by 11:00pm, therefore a good time to go to bed would be 9:00pm. The recommended time to be awake is around 6:00am – 7:00am
- When waking up, it is a good idea to be exposed to sunlight for 15 – 20 minutes before starting the day
- Relax an hour before bed time
- Maintain a healthy diet
- Have regular daily exercise throughout the day, but preferably in the late afternoon

What you shouldn't do before you go to bed:

- Use the bedroom as a lounge room ie: avoiding watching TV or use devices in the bedroom.
- Drink caffeinated products 6 hours before bed, as caffeine blocks the hormone that is produced to promote sleep.
- Use devices or equipment projecting blue light (tablets, phones, TV) in the hour before bed time.
- Eat fatty foods, as it can affect the amount of time spent in the REM period of sleep.

It is important for teenagers to avoid sleep deprivation. Disturbed sleep patterns and deprivation ultimately leads to a lack of concentration at school, possible weight gain and development of depression, memory loss, moodiness and slow reaction times. For teenagers who drive and have part-time jobs, there is a danger with them not being fully aware or concentrating on their surroundings - possibly resulting in a car accident or not performing the best at work.