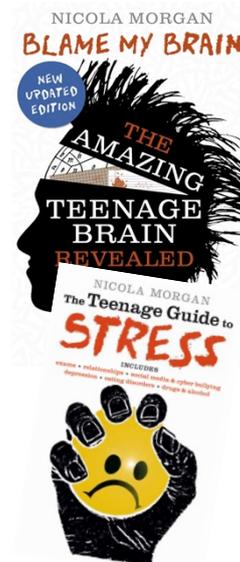


Adolescent Sleep:

Resources and tips from Nicola Morgan

Interesting references. If original research is not open access, I can only provide links to newspaper reports, but I have read the original research.

- **Parent-set bedtimes help:** www.ncbi.nlm.nih.gov/pmc/articles/PMC3098947/
- **Mobile phone use:** www.independent.co.uk/life-style/health-and-families/health-news/mobile-phone-radiation-wrecks-your-sleep-771262.html
- **Mary Carskadon's research on adolescent sleep:** www.ohsu.edu/xd/health/services/doernbecher/research-education/education/residency/upload/Sleep-in-Adolescents-2011-Carskadon-PED-CLIN-NA.pdf
- **Re experiments with starting school later:** <http://articles.latimes.com/2010/aug/23/health/la-he-school-time-20100823>
- **BBC sleep deprivation survey:** <http://www.bbc.co.uk/news/business-22209818>
- **Bad sleep affects health** <http://www.bbc.co.uk/news/health-21572686>
- **Sleep deprived teenagers and Sleep Scotland** <http://www.bbc.co.uk/news/uk-scotland-23811690>
- **Book: Dreamland – Adventures in the Strange Science of Sleep** by David Randall



“Sleep hygiene” describes what we should or shouldn’t do during the hour before we want to sleep. The brain’s powerful habit-forming mechanism teaches it that these stimuli are cues to becoming sleepy. So, during hour before desired sleep, the individual creates a routine, the same every evening. It’s important for the teenager to create his/her own routine but here is a *suggestion*:

1. Have light snack *if hungry*; avoid added sugar/caffeine; try herbal tea, especially with chamomile, passiflora, fennel, liquorice. Lettuce? (Must be something they like!)
2. Switch computer and all electronic gadgets off; put phone downstairs.
3. Dim the lights and close curtains in bedroom.
4. Play slow and soft music.
5. Spend 5 minutes tidying room – hooray! Or at least tidy desk or clothes.
6. Spend 5 minutes getting tomorrow’s schoolbag ready or make list.
7. Have bath or shower – use lavender oil? – and do teeth.
8. Do anything else relaxing, eg stretching exercises/relaxation audio
9. Get into bed
10. Read (for pleasure, not work) and/or listen to slow, quiet music; writing is also fine.

**Smell is a strong brain trigger – the very act of smelling particular scent every night before sleep could trigger brain to feel sleepy.

The following have a negative impact on sleep, so avoid in the hour before bed:

- Caffeine in all forms, including tea + fizzy drinks (unless caffeine-free, obviously)
- A heavy meal or a sugary snack
- Exercise that raises heart rate/fast music
- Anything with backlit display (mimics daylight and can interfere with body clock) – switch off computers, TV, electronic games, DVDs, phones
- Mobile phones – as well as the light factor, they ring!
- ARGUMENTS/stress – another good reason to remove phones/internet from bedroom...

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