



Why Sleep Matters and How to Improve It



Why is sleep important?

Getting enough sleep helps you:

- Improve your mood
- Think clearly and concentrate in school
- Feel better emotionally and manage stress
- Keep your immune system strong
- Stay safe and make better decisions
- Grow!



How much sleep is enough?

Most adolescents need eight to ten hours of sleep every night.

- Not reaching your targets? You will accumulate a “sleep debt”.
- The good news? You can repay it, and it is best to do so regularly.

Signs of poor sleep

You may be getting poor sleep if you:

- Struggle to wake up in the morning
- Fall asleep during the day
- Find it difficult to focus or remember
- Experience mood swings or heightened stress

What gets in the way of sleep?

Here are common obstacles that may interfere with your sleep:

- Homework
- Busy after-school schedules
- Gaming
- Social media
- Caffeine consumption
- Unhealthy sleep habits
- Hormonal changes during puberty



Social Media and Gaming

While these can be fun, they often get in the way of sleep. Set some boundaries that work for you, for example:

- No screens after 9pm
- Keep your phone out of your bedroom at night
- Turn on "Do Not Disturb" mode

Tips for better sleep

1. Stick to a schedule

- Go to bed and wake up at the same time each day

2. Create a sleep-friendly environment

- A room that is quiet, cool and dark is ideal for sleep
- Avoid using your bed for other activities, like homework, watching TV or social media

3. Limit screen time before bed

- Avoid screens for at least one hour, preferably two hours, before bed
- Avoid artificial lights from devices as they can trick your brain into staying awake

4. Stay active during the day

- Regular exercise helps you sleep better but avoid heavy workouts two hours before bed

5. Avoid caffeine after mid-afternoon

- Stay away from caffeine sources like coffee, energy drinks, cola, tea, and chocolate

6. Find a relaxing routine

- Consider deep breathing, yoga, calming music, a warm milky drink, or a warm shower before bed

When to get help?

Talk to your doctor if:

- You snore loudly or stop breathing at times during sleep
- You always feel tired, no matter how much sleep you have had

You may have a sleep disorder, which can be treated.

Sleep checklist for teens and parents

- ☐ Eight to ten hours of sleep every night
- ☐ Regular sleep and wake times
- ☐ No screens for one hour before bed
- ☐ Calm, quiet room
- ☐ Daily exercise
- ☐ Relaxation routine before bed

Need help?

Sleep deprivation, when combined with other factors, can sometimes lead to overwhelming feelings, even thoughts of self-harm. We're here to help!

In a crisis, you can **visit the Children's Emergency** or **contact Samaritans of Singapore: 1767** (hotline), +65 91511767 (WhatsApp 24-hour care text).

About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System's (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
Contact +65 6772 5000

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry +65 6772 5736
Appointment Line +65 6908 2222
Email ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
Operating Hours 8am – 5.30pm (Mon to Fri)
Appointment Line +65 6772 5030
Email cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530 / 2531
Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital
Tower A – NTFGH Clinics, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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