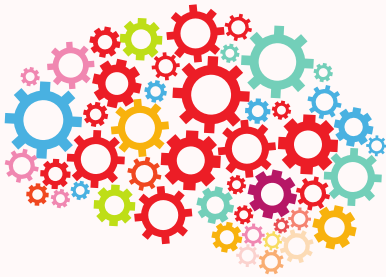


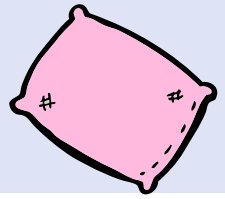


SLEEP HYGIENE



WHY DO WE NEED SLEEP?

Sleep helps to repair our bodies, restoring our muscles and immune system. Sleep also helps us remember and organise what we learnt in the day.



EFFECTS OF POOR SLEEP HABITS

Short-term

- Stress and anxiety
- Depressed mood
- Falling sick
- More irritable
- Lower attention-span and memory
- Poorer academic performance

Long-term

- Weight gain
- Skin ages faster
- Problems in relationships and friendships

DID YOU KNOW....

Teens usually require 8-9 hours of sleep, 1-2 hours more than the average adult.

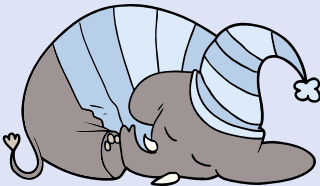
"BUT I'M ALREADY USED TO SLEEPING LESS!"

Although you may feel like you are used to sleeping less, you may still need more. We are less able to judge our own alertness when we are sleep-deprived. You might be sleepy even if you don't realize it!



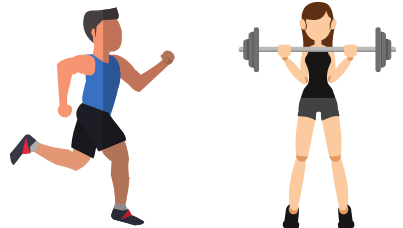
"CAN I JUST MAKE UP FOR LOST SLEEP OVER THE WEEKEND?"

Sleeping in on weekends can disrupt your sleep schedule! Taking short afternoon naps is a better way to make up for lost sleep.



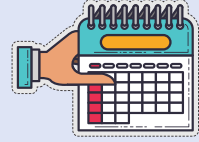
EXERCISE HELPS!

- Releases chemicals in your brain that reduce anxiety
- **Cooling down** after a workout prepares your body for sleep
- Limit exercise to **3 hours** before bedtime



SLEEP ROUTINE HABITS

- Sleep and get up at the **same time daily**
- Practice **daily bedtime routines**
 - e.g. warm/cold showers, deep breathing, read a boring book
- **If you can't fall asleep**, go to another room and do something relaxing



ENVIRONMENT HABITS



- **Use your bed only for sleep**
- Stop using digital devices **1 hour** before bed time (**blue light** keeps your brain active)
- Keep **light and noise** to a minimum
- Sleep in a **cool environment**

DON'T...

- **Take naps.** If you need to, nap for less than 30 minutes, before 3pm
- **Eat a big meal** before sleep
- Sleep on an **empty stomach**
- **Drink coffee** past noon
- **Check the time** - this increases anxiety
- Try to sleep **unless sleepy** otherwise staying up in bed will become a habit



SOME INFORMATION FOR PARENTS...

Depression results in **rumination**: Continuous and repetitive negative thoughts. This makes it difficult for your child to fall asleep even if they are tired. Depression can also cause someone to sleep too much during the day.

Stress and anxiety over school work, friends, and family can cause uncontrollable worrying that keeps your child up at night

DO:

- **Dim lights** around the house after dinner
- Create **rules** on turning phones off 1 hour before bed
- Keep **noise levels** in the house down during bedtime

DON'T:

- Make your child lie in bed if they can't sleep
- Tell your child to stop thinking - **it is not their choice, but a symptom**

IPMDA

Integrated Programme for Management of Depression in Adolescent

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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