

Resource 1a

Sleep Quiz — True (T) or False (F)

STATEMENT	T/F	COMMENTS
Teenagers need more sleep than adults		
Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday		
Most teenagers on average get the right amount of sleep		
It is recommended to eat a small snack before bedtime		
It is helpful to use a phone app to help track and promote sleep		
Naps should be no longer than 30 minutes		
It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks		
Getting healthy sleep can improve school results		
Using the night setting on a phone means it doesn't have any effect on sleep		

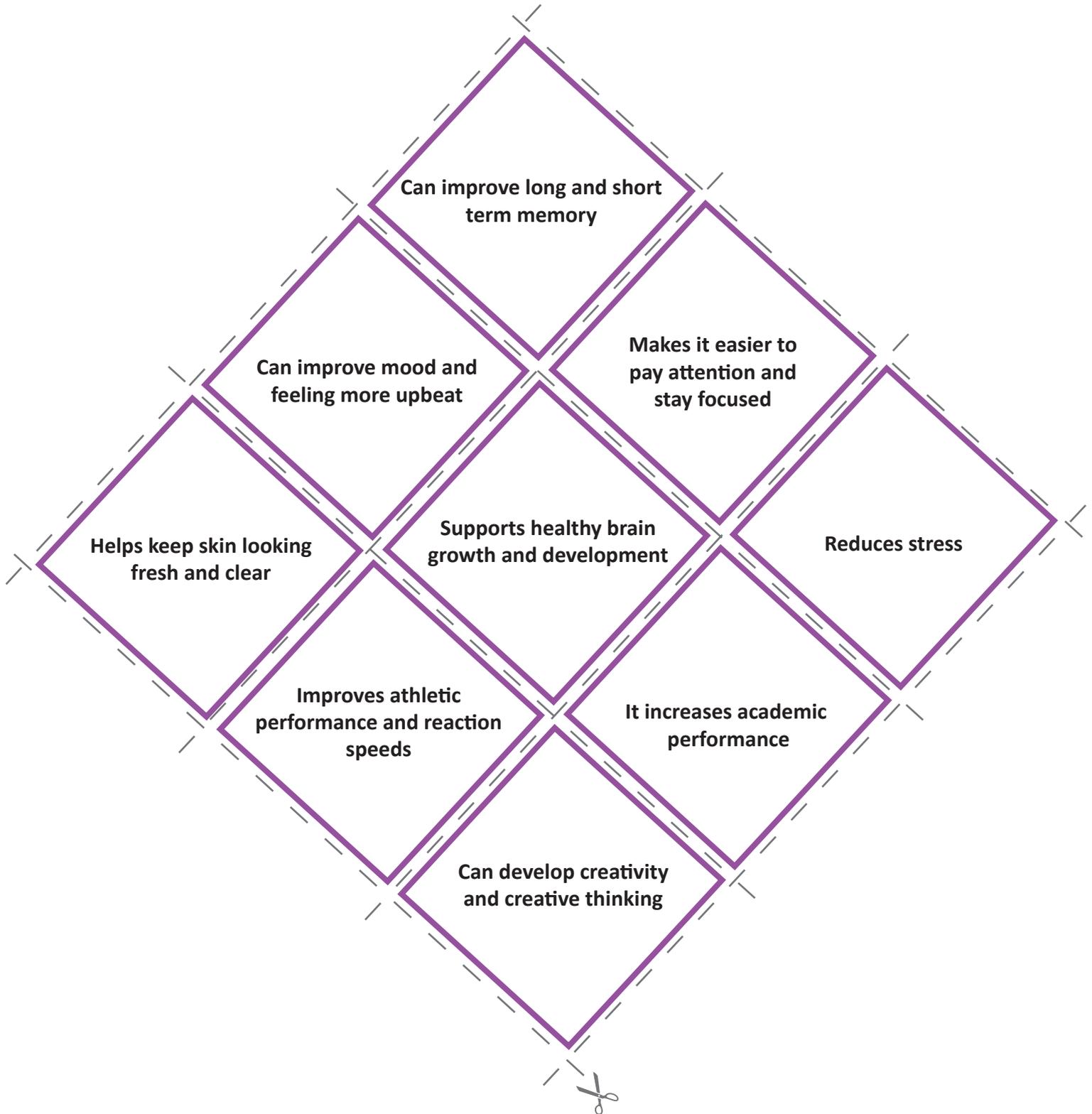
Resource 1b

Teacher Answers

STATEMENT	T/F	COMMENTS
Teenagers need more sleep than adults	T	Research shows the average teenager needs just over 9 hour sleep a night, whereas the average for adults is 7 hours. This can be particularly challenging to manage as teenagers often don't feel tired until considerably later (e.g. 11pm) and have changing routines that require them to wake up in time for school.
Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday	F	This can actually make sleep worse. An erratic sleep schedule (for example staying up later at weekends and sleeping in later) make it even harder to fall asleep on Sunday night and wake up on Monday morning. It is much better to maintain regular wake hours over the weekends to keep the body in routine.
Most teenagers on average get the right amount of sleep	F	Due to problems highlighted above, the majority of teenagers are sleep deprived, (often by more than 2 hours of required sleep per night) which accumulates over time.
It is recommended to eat a small snack before bedtime	T	It is a good idea not to go to sleep hungry. While a big meal right before sleep is not advisable, a small snack before bed can help with falling asleep and improve sleep quality.
It is helpful to use a phone app to help track and promote sleep	F	Lots of apps suggest they can help to promote or track sleep, however little research has been done into how effective these really are. Any benefits the app may provide are also likely to be outweighed by having the phone on the bedside table, as the lights on phones and constant notifications throughout the night can have a significant negative impact on sleep
Naps should be no longer than 45 minutes	T	Napping can help sleepiness, but should be no longer than 15-30 mins and in the early afternoon. Napping for longer than this or late in the afternoon can make it difficult to fall asleep at night. Naps should only be used as a technique if absolutely necessary; it is much better to try to improve the quality and length of night-time sleep
It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks	F	Caffeine can give the body a temporary energy boost but it can have significant detrimental effects over time. Caffeine products are potentially addictive and can impact health; they also disrupt sleep even further.
Getting healthy sleep can improve school results	T	Research suggests that students who get the best results in tests sleep more than their peers. Sleep can improve brain functions such as memory, organisation, decision making and attention.
Using the night setting on a phone means it doesn't have any effect on sleep	F	As blue light filter apps are relatively new, research studies have not yet been published. However, using your phone before sleep still has other impacts as people are engaging in conversations, games, processing information etc. at a time when the brain needs them to wind down

Resource 2

Diamond 9



Resource 3

Sleep Scenarios

KLAUDIA (12 YEARS OLD)



Klaudia has a really busy after school schedule. She finishes school at 3.30pm, and stays behind for homework club most days, until 4.30pm. She then helps out in the family shop until 7pm before she goes to basketball training three times a week (between 7.30 and 9pm). So when she gets back home she needs to shower, wash her hair and usually eats dinner at about 9.30 or 10pm. Then she relaxes by watching TV or chatting on social media before falling asleep around midnight. She is always tired when her alarm goes off at 7am to get ready for school, and usually snoozes it for at least half an hour.

BENJI (13 YEARS OLD)



Benji feels tired all the time. He finds it really difficult to wake up in the morning so gets into an argument with his parents most mornings and gets blamed for making everyone late. He often gets into trouble for being late to school, too. He drinks a caffeine drink on the way into school to help him wake up and usually has three or four more during the day. He sometimes finds himself falling asleep during lessons, and most days he has a nap when he gets home from school, between about 4.30pm and 6pm. The only time he feels energetic or awake is in the evening, and doesn't feel tired when he tries to go to bed! At the weekend he usually has a lie in until 1pm to catch up on sleep, but stays out late with friends on Friday and Saturday nights.

RYAN (11 YEARS OLD)



Ryan has just started secondary school. It starts earlier in the morning than his primary school used to, and he has to travel further to get to school now too. To make it on time, he gets up at 6.30am. He is finding this really hard, and feels very tired. This is made even worse because Ryan is quite worried about secondary school and is quite disorganised. He's been told off and had detention twice because he forgot his equipment. He often lies in bed running through in his mind all the things he needs to pack in his schoolbag for the next day. He sometimes wakes up in the night worried that he is going to get in trouble again.

SHAZNAY (12 YEARS OLD)



Shaznay has just got her first smartphone for her 12th birthday. She has started using her mobile phone as an alarm clock, so sleeps with it on her bedside table. She doesn't think it disturbs her sleep much, but she does use it for an hour or so before she goes to bed, and sometimes that means she stays up later than she meant to. Her phone often goes off during the night and it is hard to resist checking the notifications, but she only looks at it for a second or to in case it's important. She doesn't understand why some of her friends are still posting at 2 or 3am. Checking her phone is the first thing she does when she wakes up. Sometimes, she listens to a podcast or a relaxation app to help her fall asleep.