

TEEN SLEEP



BEGINNING AT ABOUT 16YRS OF AGE, YOUR TEEN'S CIRCADIAN RHYTHMS WILL SHIFT, MAKING THEM SLEEPY 1-3 HOURS LATER.

DUE TO BIOLOGY, YOUR TEEN'S PRIME WAKEFULNESS HOURS CAN BE AT ABOUT THE SAME TIME YOU ARE HEADING TO BED!

TEENS NEED ALL STAGES OF SLEEP, DEEP SLEEP AND REM INCLUDED, FOR THEIR BRAINS TO PROPERLY DEVELOP.

DEPRIVING TEENS OF SLEEP CAN NEGATIVELY IMPACT THEIR COGNITIVE SKILLS SUCH AS REASONING, CRITICAL & MATURE THINKING, MEMORY, DECISION MAKING, CREATIVITY AND THEIR OVERALL MENTAL HEALTH.

SLEEPING IN ON THE WEEKEND IS A TEEN'S BODY AND BRAIN'S WAY OF PAYING BACK A SLEEP DEBT.

TEEN SLEEP

SOURCE:

WALKER, M. (2017). WHY WE SLEEP: UNLOCKING THE POWER OF SLEEP AND DREAMS. SCRIBNER.