

SLEEPING THROUGH THE HSC



DR AMANDA GAMBLE - SLEEP PSYCHOLOGIST

SYDNEY SLEEP PSYCHOLOGY, ST LEONARDS

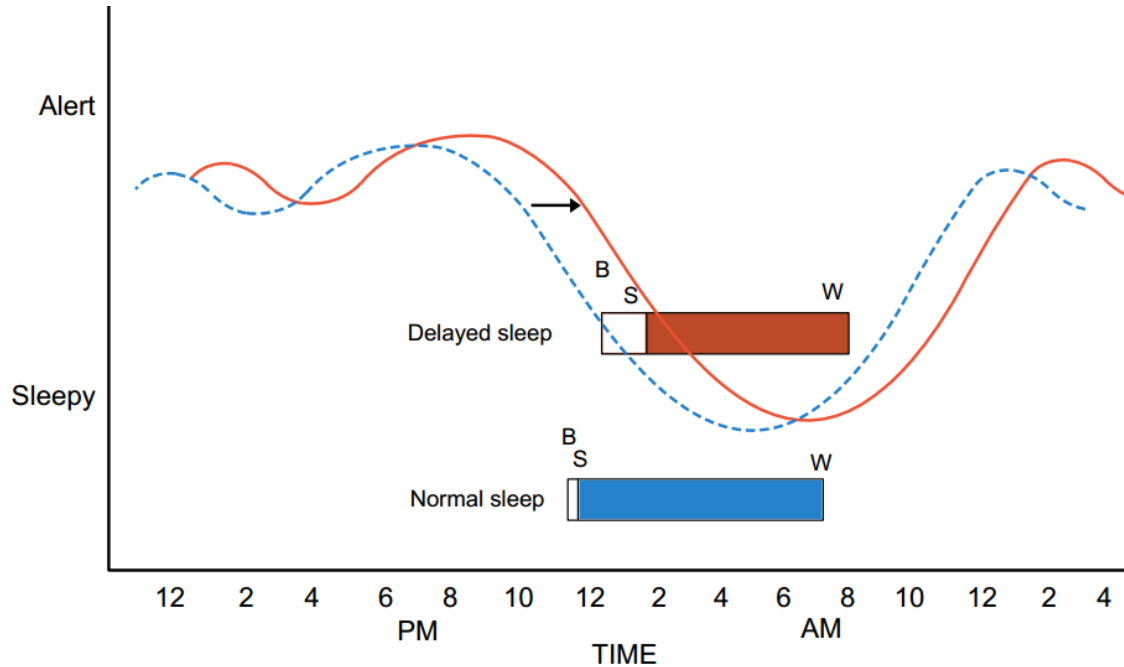
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THE PERFECT STORM

- Adolescents need 9-9.5 hours of sleep, but most achieve only 7.5 hours (National Sleep Foundation 2006, 2012).
- Adolescents are at special risk of sleep problems due to a 'Perfect storm' of biological and emotional vulnerability, amplified by lifestyle factors
- Understanding the storm is critical for parent management

BIOLOGICAL: DELAYED SLEEP PHASE

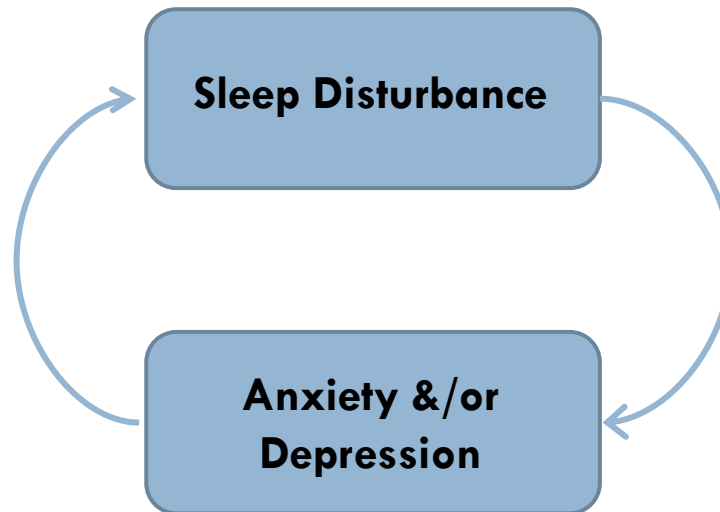


- Puberty-linked delay in melatonin secretion creates a phase shift (delay) toward later sleep and wake times that are incompatible with school and early sport.
- Too awake to sleep at night and too sleepy to uprise in the morning
- Weekend and holiday sleep patterns are the true indicator of a teens body clock
- Its genetic – how did you sleep as a teen/young adult?

EMOTIONAL

Stress and sleep loss during the HSC are inevitable, but get professional help if it is persistent and/or distressing to the teen

- Anxiety & depression peak onset during adolescence
- Cycle of sleeplessness and anxiety/depression.



LIFESTYLE

Over-scheduled kids are sleep deprived

Can Sleep But Don't

Sleep Is A Low Priority

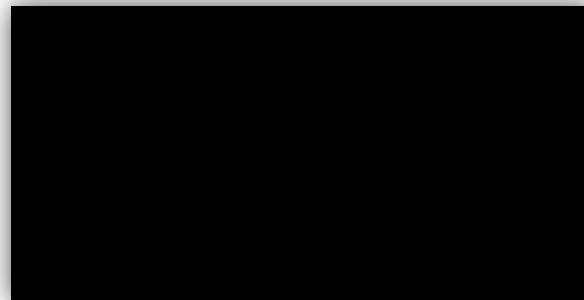
Sometimes doing less is more



Increased study



Extra-curriculars



Socialising



Decreased parental control

live

Sleep stealing
screen time



SCREEN TIME

- Blue light suppresses melatonin, which delays sleep onset (effect worsening because of increasing brightness & devices held closer to face)
- Activity is excitatory & therefore wakeful
- Use in bed - Brain gets mixed messages about what the bed is for.

SLEEP AND LEARNING

- A days learning will not be consolidated unless it is followed by a night of adequate sleep....REM sleep converts short term memory into long term memory
- Late night learning becomes futile beyond the “cognitive tipping point”
- The “Gibberish Learning Study” demonstrates futile learning...2hrs vs 4hrs teaching per day. 4 hr group goes to bed 2 hrs later. Extra teaching resulting in less knowledge
- Get a good nights sleep rather than stay up cramming

WHAT SHOULD I LOOK FOR?

SPECIFIC

- Difficulties falling asleep and staying asleep
- Worry about sleep
- 2hr + weekend sleep ins
- Difficult to wake & drag out of bed
- High nocturnal screen use
- Energy drinks and stimulants
- Napping, yawning & tired body language

NON SPECIFIC

- Moody
- Grumpy
- Anxious
- Depressed
- Disengaged, absent or late to school
- Declining grades
- Low self esteem
- Aggressive
- Short tempered

TEEN SLEEP IN A PERFECT WORLD

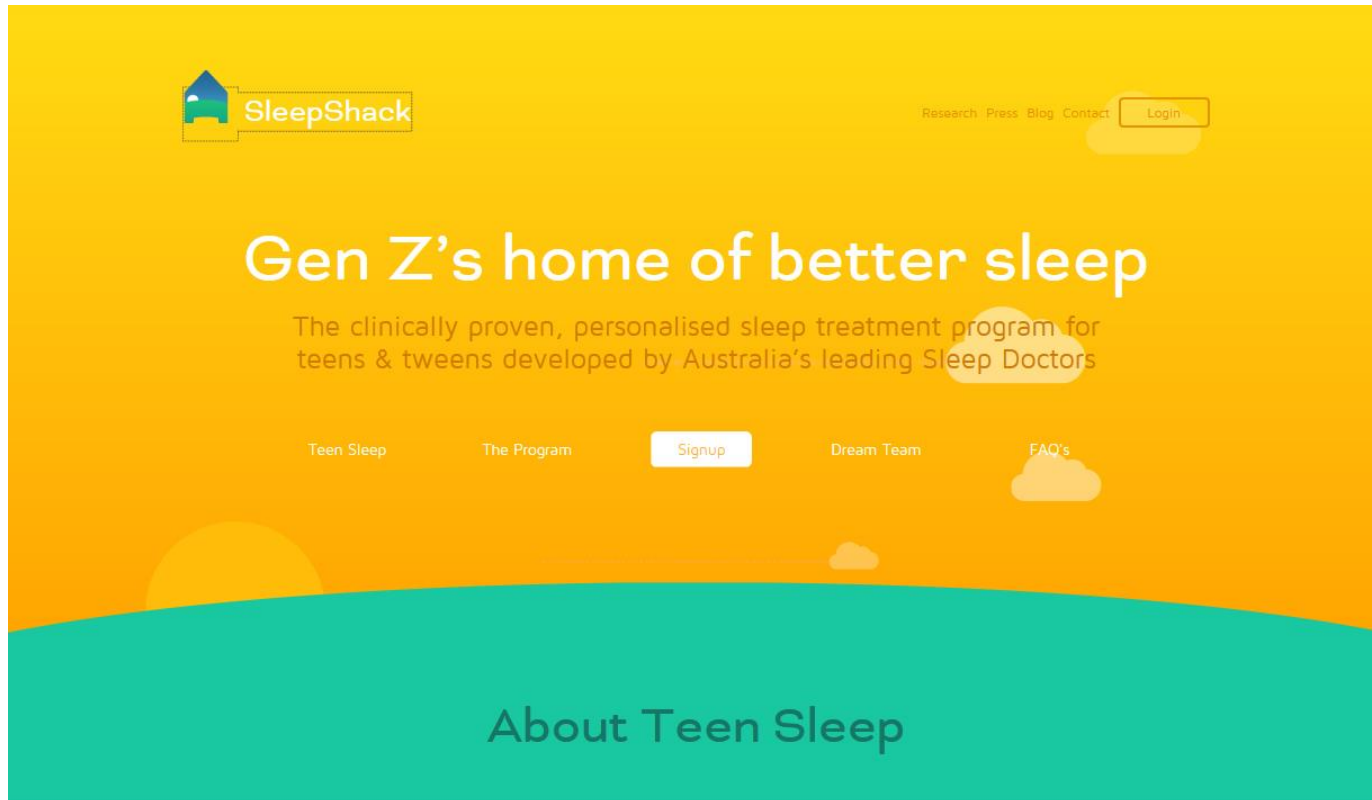
- Bright light in the morning & dim light in the evening resets the body clock (critical for night owls)
- Prevent big weekend sleep ins (no more than 1 hr difference b/w wake time on school days and weekends)
- Good bedtime routine- wind down into sleep
- 1 hour buffer between study and sleep
- 1 hour electronic blackout before sleep
- Bedroom should be an electronic free zone
- Devices should never be used in or on the bed
- Go to bed when sleepy - Don't go to bed too early and lie there awake

TEEN SLEEP IN REALITY

- Resistance and low motivation are normal
- Know your child's body clock and be realistic— if your child is a night owl, going to bed early is just a recipe for insomnia.
- Negotiate – take what you can get. Any change is better than none.
- Changes need to be “long term liveable” not a “diet”
- Look at your own behaviour (working late? device use before bed?)

WHAT HELP IS AVAILABLE?

- Face to face
- Online with sleepshack



WWW.SLEEP SHACK.COM.AU

□ Multidisciplinary

□ Free front end –educational

□ Individualised sleep diary, assessment and treatment



Dr Chris Seton — Paediatric & Adolescent Sleep Physician

Dr Chris Seton is a Paediatric & Adolescent Sleep Physician working in Sydney at Children's Hospital Westmead, St Vincent's Hospital, the Woolcock Institute of Medical Research, and Sydney Adventist Hospital. His keen interest in children's sleep led to his appointment as Australia's first Specialist Sleep Paediatrician. Based on this success, he

[Read more](#)



Dr Amanda Gamble — Clinical Psychologist

Dr Amanda Gamble is a Clinical Psychologist specialising in the treatment of sleep and emotional disorders in children and adults. For the past 10 years, Amanda has worked as a research fellow at the Centre for Emotional Health, Macquarie University and the Woolcock Institute of Medical Research. Her published research evaluates

[Read more](#)



Ginni Seton — SleepShack Founder & Manager

Ginni Seton is a Marketing Consultant with over 15 years experience in the advertising and marketing industry, specialising in healthcare brands. Ginni has previously held roles as Marketing Manager for World Expeditions and Advertising Manager for Tourism Australia. Ginni also worked in several multinational advertising agencies both in

About Teen Sleep



Teen Sleep - Explained

Teenagers get a bad rap for their sleep, whether it's staying up late or being impossible to drag out of bed on school mornings. Yet they're not being lazy, their sleep patterns are very different to yours.

[Read more](#)



Poor Sleep - Effects

Medical research has consistently demonstrated that poor sleep in teenagers results in impaired academic performance & learning, more mood swings, greater anxiety, and that's just to name a few.

[Read more](#)



Teen Sleep Myths - Exposed

A disconnect exists between how teens view their sleep and what science tells us. You've probably heard some of these myths already. So what are the facts that dispel those sleep myths?

[Read more](#)

Your schedule for the next 28 days



GO TO BED
10:00 PM



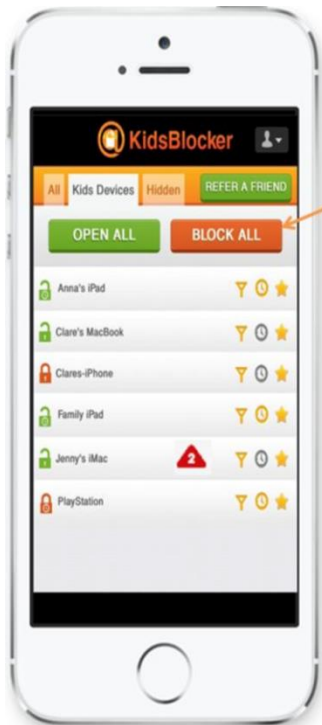
WAKE UP
08:00 AM



GET SUN
09:00 AM

Don't worry — you won't need to remember all of this.
You can access this information at any time.

THE CHEATS GUIDE...



Dinner Button - turn off all devices

set device Schedule

Set Filtering Green indicates recent activity

Blocked site warning

Internet OPEN

Internet BLOCKED



re-timer.com
\$300 – glasses emit bright light.
✓ night owls



BOC
healthcare
\$18 - glasses block light from devices.
✓ night owls

kidsblocker.com
Developed by Sydney dads
Blocks 3m internet sites, alerts etc

Thank you and happy sleeping

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