

Headline: Are students getting an A* sleep?

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Sleep. We all need it, but do we all get enough? What does 'a good night's sleep' really mean?

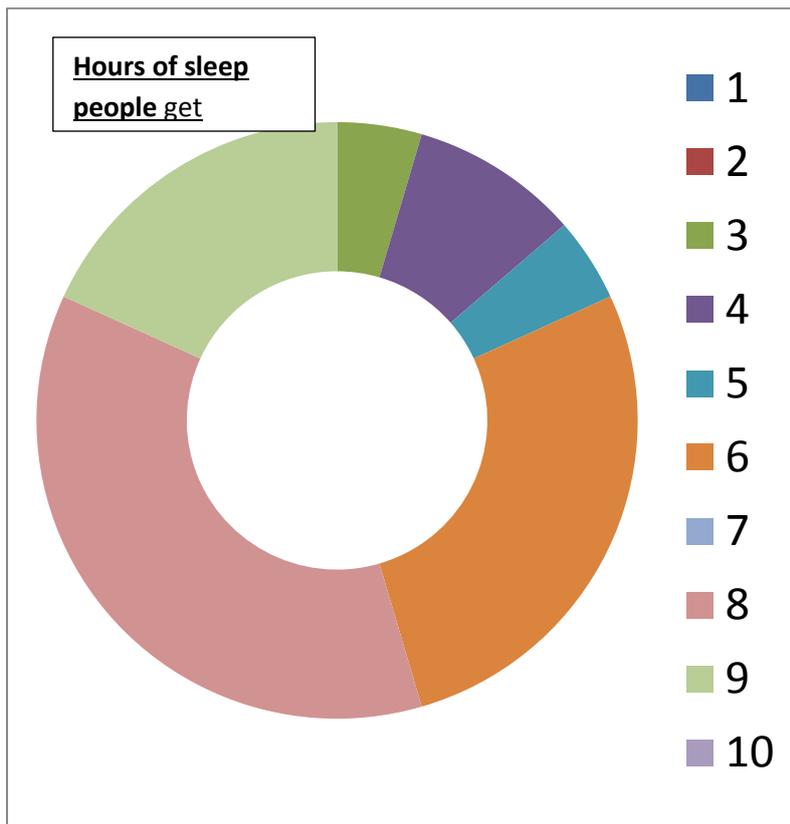
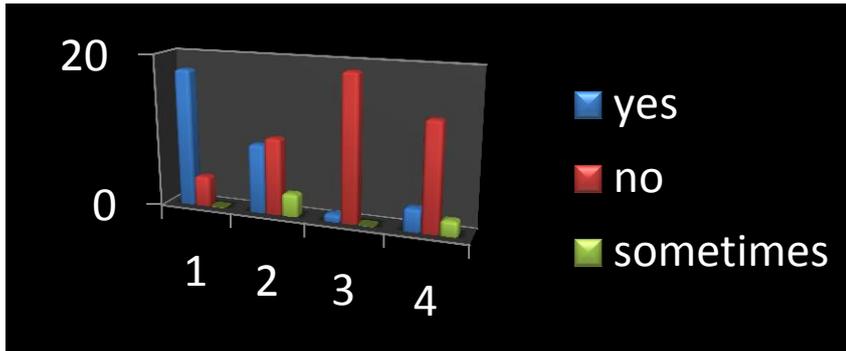
The average amount of sleep teenagers get is between **7** and **7¼** hours. However they need between **9** and **9½** hours to be able to concentrate properly. We have all heard about the pressures young people are under these days, with a more rigorous curriculum to follow at school leading to tougher GCSE exams. Mental health professionals report that more issues are arising in younger people – being a teenager is difficult these days! Could the secret to solving this problem be more sleep?

Adults don't fare much better with less than **7** hours sleep. In today's fast paced society a good sleep is only **6** or **7** hours. Prime Minister Margaret Thatcher famously survived on just four hours' sleep a night. But is this right? Are we harming ourselves by allowing our lives to take over our sleep patterns?

A good amount of sleep is important so you can achieve your personal goals whatever they may be. Exam success and stress relief are all possible with a better night's sleep. One of the main things to blame for a lack of sleep could be phones and tablets. They emit a blue light that disrupts your circadian rhythm. Your **circadian rhythm** is your 24 hour body clock. It controls the production of melatonin. Melatonin makes you sleepy, and is produced more when it is dark. The blue light from your technology screen stops the melatonin being produced as much.

There are some simple tips that the NHS Recommend you should follow.

1. Limit screens in the bedroom.
2. Exercise for better sleep.
3. Don't eat too much or too little before bedtime.
4. Have a good routine.
5. Create a sleep-friendly bedroom.
6. Talk through any problems.
7. Avoid long weekend lie-ins: late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.



- 1: How many people go to bed with their phone.
- 2: how many people exercise every day.
- 3: how many people drink coffee before bed
- 4: how many people eat lots before bed.