

A microscopic view of plant cells, showing a network of cell walls and large, clear vacuoles. The image is in shades of blue and cyan, with a semi-transparent teal rectangle on the left side containing the text.

Sleep

Sugg MS

Sleep deprived teens

Sleep deprivation is one of the simplest explanations for the rise of anxiety.

When we are sleep-deprived we are less emotionally resilient (able to bounce back).

Sleep is the glue that holds humans together.



**When we don't
get enough
sleep it's hard
to manage
even a small
stressor or
problem.**



Build a student-resiliency toolbox-Barbara Truluck & Lisa Darmour, Confronting the Epidemic of stress and anxiety...



Sleep recommendations for teens.

Teens should get 9-9.5 hours of sleep each night.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>

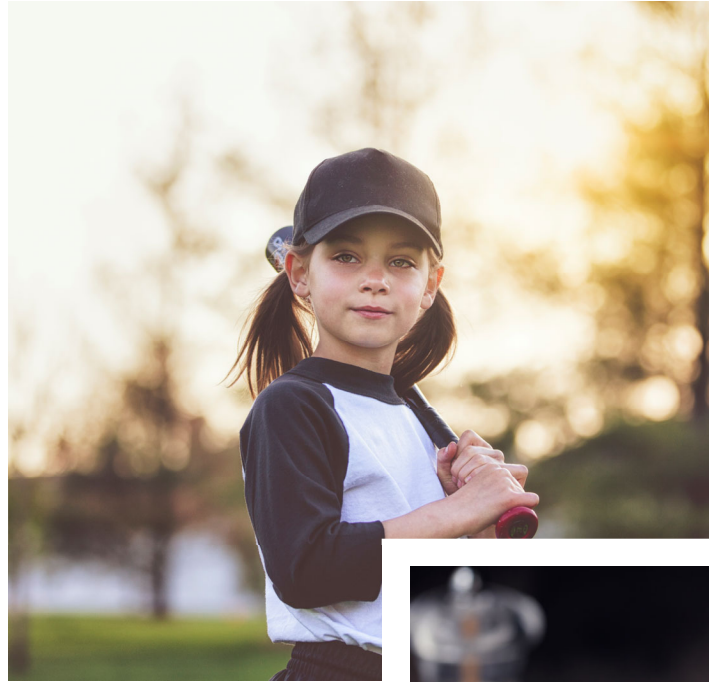
Help your
body's
natural clock.



How to set your body's clock.

Start the day in sunshine to let your body know it's time to be awake.

Eat breakfast to provide your body with another signal that it's time to be awake.



<https://health.clevelandclinic.org/how-to-calm-your-anxiety-at-night/>

Why is sleep important for teens?



GROWTH



TO STAY HEALTHY

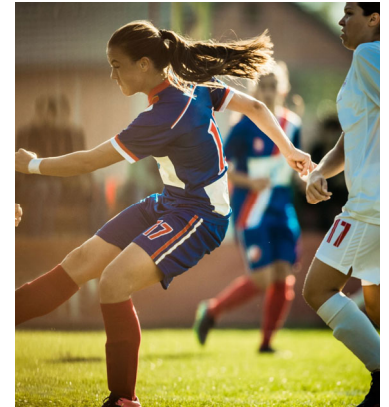


PROTECTION FROM
DEPRESSION

Daily exercise makes everything better.

Releases endorphins (feel good) hormones.

Decreases levels of cortisol (the stress hormone).



You need some transition time at the end of the day.

Psychologist Dr. Albers talks about a transition time.

You can't expect to go from 100 miles an hour to a complete stop.

Take some time to relax before bed.





Try quiet tech-free
activities an hour
before bed.

Read a book
Journal
Practice yoga
Take a bath

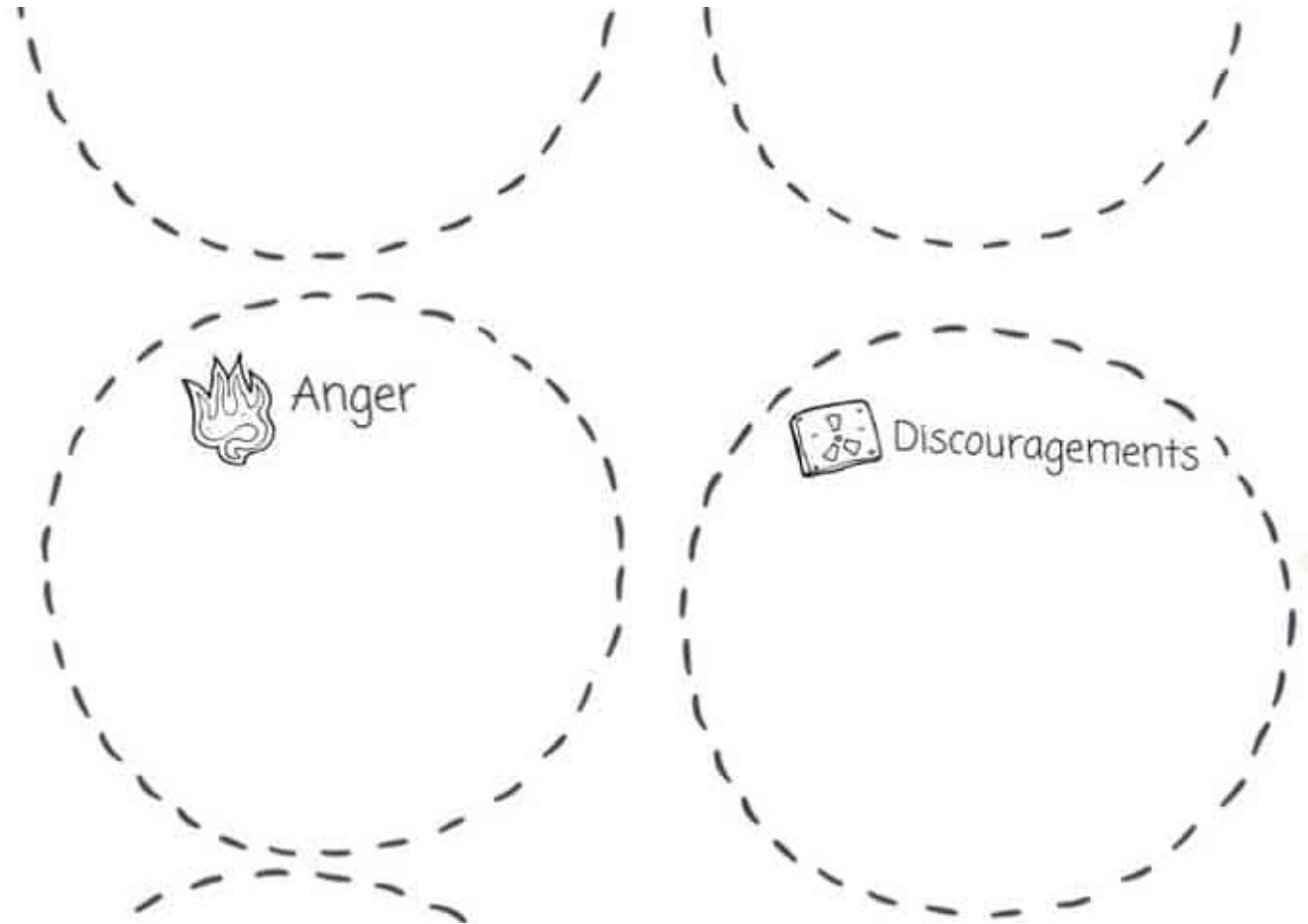
<https://health.clevelandclinic.org/how-to-calm-your-anxiety-at-night/>

Ways to journal- The Brain dump

Brain dumping is separating your end of day thoughts into categories that you will address tomorrow.

Do this about 2 hours before bed.

I have this form in our Schoology resources folder.





Ways to journal

- Keep your journal next to your bed so you can write down your worries.
- This helps you to let them go.

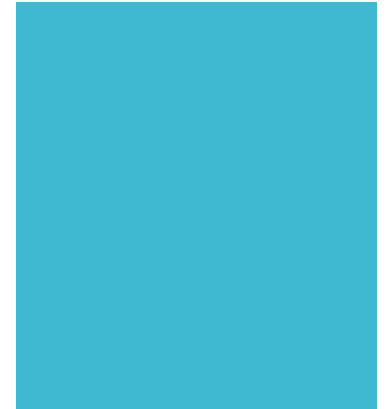
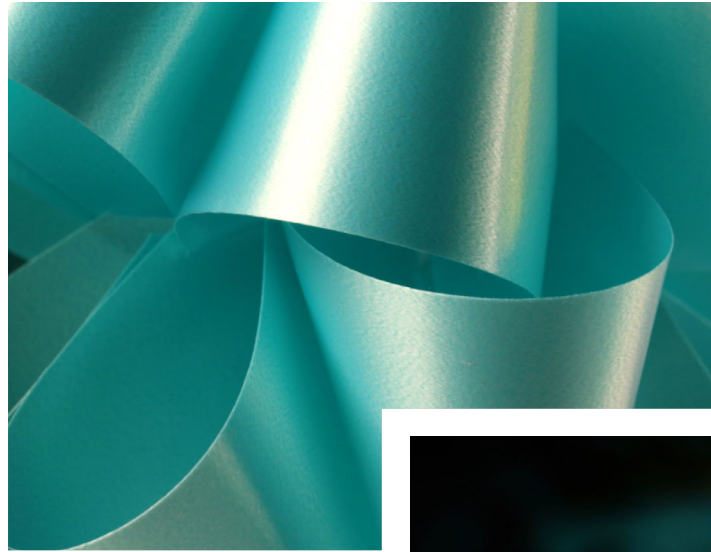
<https://health.clevelandclinic.org/how-to-calm-your-anxiety-at-night/>

My favorite type of journaling:
The gratitude journal.

Every night, write down 5 things you are thankful for.

Expressing gratitude is another way to increase happiness.

You can do this one right before bed. Go to sleep in a grateful state of mind.





Did I have a win today?



Is there something I need to improve tomorrow?



Track your goals and healthy habits.

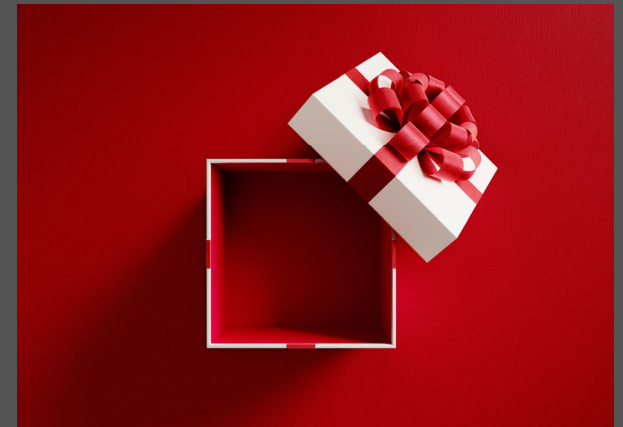
The reflection journal. Ask yourself some questions to reflect on and process your day.

You can also throw away
your worries or put them in
a box for tomorrow.

You can do this by writing them down and
throwing them away.

You can do this as a nightly journal entry to
see how your worries change over time.
Then close the book on your worries.

You can also do this as part of a meditation
exercise and visualize putting them in a
box for tomorrow.



Stop using
electronics at
least one hour
before bed (2
hours is even
better).



Make your bedroom a tech free zone.

Put your phone on do not disturb.

Set boundaries for a good sleep environment.

Why is it a bad idea to use your phone at night? The light from the phone tells your body it's time to be awake.

You may also "anticipate" a text from someone and not be able to sleep.





Track your progress and find out which strategies work best for you!

Circle prompt: Which relaxing activity sounds best to you?

Reading

Yoga

Gratitude journaling

Reflection journaling

The brain dump

Throwing away your worries

Taking a bath

