

# Benefits of a good night's sleep

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Somerset

**YOUTH  
PARLIAMENT**

& advisory group

# Stages of Sleeping (fix your sleeping cycle)

By Gregor Reynolds

[https://youtu.be/3GvrlglnCTU?si=Phx\\_Vqc9iX3cuVZB](https://youtu.be/3GvrlglnCTU?si=Phx_Vqc9iX3cuVZB)



# Fun facts

- Part of your brain stays awake while you sleep
- Severe sleep deprivation can cause hallucinations
- Sea Otters sleep holding paws
- Your body temperature has to drop, for you to fall asleep
- Caffeine can disrupt your sleep – even 6 hours later!
- REM sleep boosts creativity
- Your brain works harder when you're asleep than when you're awake
- Lack of sleep causes your body to swell
- Sleep deprivation shuts the body down faster than a lack of food.
- 10% of people dream entirely in black and white
- A 75 years old, will have spent 25 years sleeping, 6 years of which will be in dream land.

# Did you know?

- Young people need an average of 8-10 hrs sleep a night?
- Nearly 70% of us DON'T get the recommended amount of sleep!
- 45% of us are still checking our phones after we've gone to bed
- 91.4% of young people with mental health issues have had problems with sleep
- And extreme sleep deprivation in teens has been linked to anxiety, depression, and weight gain.



# Some physical benefits of getting a regular great night's sleep

- Faster immune response
- Reduced risk of heart condition
- More stable mood & emotions
- Better memory & focus
- Better skin
- Easier to maintain a healthy weight



# Top tips for better sleep

- Try not to drink caffeine after Lunch but especially 2 hours before bed
- Create a calming bedroom space
- Try to not have your phone in your room or look at screens for an hour before bed
- Try having a relaxing bedtime routine- meditation, soft lights, gentle music. You could try a herbal tea designed for helping with sleep



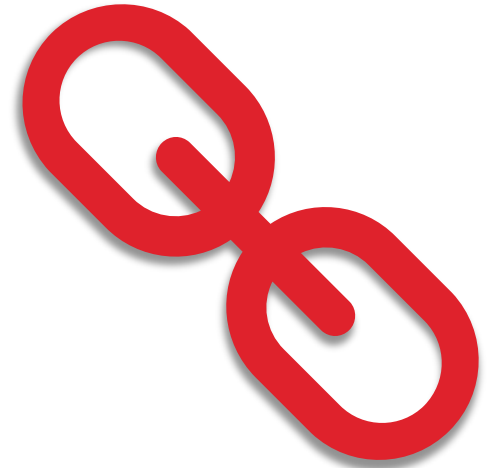
Get the sleep you deserve  
because you'll look and feel great

Be the boss of your own life

**You're worth it!**

# For more information and support

- [How Can Sleep Affect A Teenagers Education? | Matthew Walker](#)
- [Teenage Brain and Sleep](#)
- [Teen Sleep Hub - Top Tips - Anxiety](#)
- [Tips to help weary teens get a good night's sleep](#)



# Somerset Youth Parliament

- Our group of volunteers is open to local young people aged 10-25 years
- We have 3 elected Members of youth parliament
- And a diverse Advisory Board
- We run projects and campaigns reflecting the interests, concerns and in response to the priorities of young people
- The aim of the group is to empower young people and elevate young people's voices by working with decision makers and services to improve lives.
- If you would like to find out more about us please go to our website here:

**[Somerset Youth Parliament](#)**

