

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

**STAGES OF
GOING TO BED:**

2am

that this is



Fun facts

- Part of your brain stays awake while you sleep
- Sleep deprivation can cause hallucinations
- Sea Otters sleep holding hands
- 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 raises 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
- Humans spend a third of our lives asleep
- 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 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 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

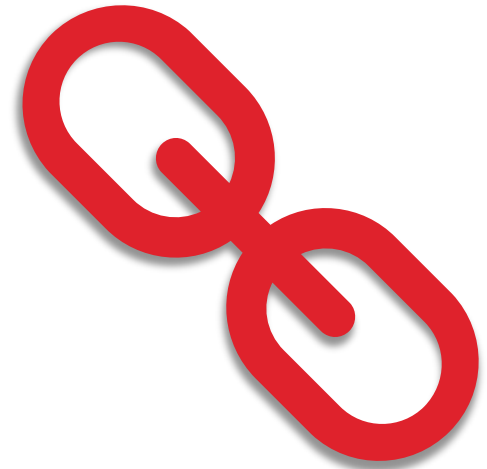


Get the sleep you deserve
Because you'll look and feel great
Be the boss of your own life

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](#)

