

# FACT: YOUR TEENAGE CHILDREN NEED MORE SLEEP



PARTNER *Limestone Coast*

What is Planet Youth? Planet Youth is a ground-breaking evidence-based model, developed in Iceland, designed to reduce the risk factors and increase the protective factors associated with alcohol and drug use in our young people.

The Planet Youth team surveyed local Year 10 students about their lifestyles and this is what they found.

**Fact: 43% of Year 10's are sleeping 7 hours or less a night**

## GO TO SLEEP GUIDELINES

The Planet Youth survey showed that about half of our young people are not getting enough sleep.

Sleep is just as important to your child's Development and well-being as nutrition and physical activity.

It is recommended that teenagers get a minimum of 9-11 hours of undisturbed sleep per night.

For example, a year 7 that gets out of bed at 7:00am should be asleep by 9:00pm in order to get their 10 hours of sleep.

Visit : [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

The suggested guidelines for being settled in bed and ASLEEP are:



**Year 7 09:00PM**

**Year 8 09:30PM**

**Year 9 09:45PM**

**Year 10 10:00PM**

**Year 11 10:30PM**

**Year 12 10:45PM**

**Fact: 52% of young people are spending 3 hours a day or more on screen time. Too much screen time impacts sleep, homework and hobbies and can be detrimental to good mental health.**

## As a parent, what can you do? Take action by:

- Shutting off screens at least one hour before bed and keeping them out of bedrooms after bedtime;
- Keeping screen time to a maximum of 2 hours per day, after homework and other activities;
- Talking to your child about their online life and being a good role model with your own screen use.

For more information about Planet Youth in the Limestone Coast – [www.smlc.org.au](http://www.smlc.org.au)



Wellbeing SA



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