

FACT SHEET • SECONDARY

Helping Your Young Person Get Enough Sleep

A young person's body clock genuinely shifts later during adolescence, so the tiredness at 7am and the wide awake feeling at 11pm are about biology. Most secondary aged young people need more sleep than they are getting, and the shortfall shows up as low mood, poor concentration and a short fuse. These five tips work with that shifted clock rather than fighting it.



TIP 1

Get morning light early

Daylight in the first hour after waking, even a few minutes by an open curtain, helps reset the body clock for the following night. Dim, screen-lit mornings do the opposite.

TIP 2

Get screens out of the bedroom

A phone left charging in the kitchen overnight removes the single biggest reason bedtime keeps slipping later. Agree the where together rather than confiscating it as a punishment.

TIP 3

Keep weekends close to weekdays

Sleeping until 2pm on a Saturday feels like catching up but actually shifts the body clock further, making Monday morning harder. An hour or so of lie-in is plenty.

TIP 4

Watch the hidden caffeine

Energy drinks, cola and some fizzy drinks carry more caffeine than young people realise, and it lingers in the body for hours. Cut it off by early afternoon.

TIP 5

Wind down before lights out

A fixed, calmer half hour before bed, away from screens and revision, signals to the brain that sleep is coming. Consistency matters more than any particular routine.