

# FACT: YOUR TEENAGE CHILDREN NEED MORE SLEEP

PLANET  
Youth  
by ICSRA ©

PARTNER Limestone Coast

**Fact: Up to 54% of Limestone Coast Year 10's sleep 7 hours or less a night.**

## Go to sleep guidelines

The Planet Youth survey showed that more than 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 student that gets out of bed at 7:00am should have lights out by 8:00pm and be asleep by 9:00pm in order to get their 10 hours of sleep.

The guidelines for being settled in bed and ASLEEP with lights out 1 hour before the indicated times below are;

<b>Year 7</b>	<b>09:00 PM</b>
<b>Year 8</b>	<b>09:30 PM</b>
<b>Year 9</b>	<b>09:45 PM</b>
<b>Year 10</b>	<b>10:00 PM</b>
<b>Year 11</b>	<b>10:30 PM</b>
<b>Year 12</b>	<b>10:45 PM</b>

**Fact: Up to 57% of Year 10's 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:

- > Shut off screens at least one hour before bed and keeping devices out of bedrooms after bedtime.
- > Set up a bedtime routine 30 to 60 minutes before bed – bath, shower, pyjamas, cleaning teeth, drink, toilet, reading.
- > Keep screen time to a maximum of 2 hours per day, after homework and other activities.
- > Make sure your child can switch off their thinking after lights out, by teaching simple relaxation exercises.
- > Ensure your child prepares for bed in a way that helps them relax and feel ready to sleep by having low light, quiet time, reading a book, having soft music and no technology.

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.

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

**SMLC** | Substance  
Misuse  
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Reference: [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)