Teen Sleep

Teen sleep can be more difficult. This is due to puberty hormones shifting the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in. This nightly 'sleep debt' leads to chronic sleep deprivation. This can be frustrating for them and for you as the parent/carer.
Apart from the delayed onset of melatonin (the sleep hormone), sleep for teens is the same as any other age group. Please take the time to read all information on what we have on sleep as this will offer you information and strategies on helping to get a good night's sleep.

Please remember that your teenager:

- Is not lazy in going to bed. Due to melatonin not being realised until much later in the evening, they're generally not tired.
- Will get a better night's sleep if their parent/carer have more input with their bedtime routine.
- It's not their fault
- Weekend lay-ins are not helpful.