

# Sleep

## A resource for young people

Sleep is an important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.

### How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need.

In general:

- People aged 14-17 need between each night 8-10 hours
- People aged 18-25 need between each night 7-9 hours



### Benefits of good sleep habits

Good sleep habits have been shown to:

- Improve mood, concentration and performance at school or work.
- Help control overeating and help prevent obesity.

Research suggests that for every hour of sleep you miss at night, there is a:

- 14% increase in risk of unpleasant emotions or feelings that affect day to day function
- 38% increase in the chance of feeling sad and hopeless
- 42% increase in the chance of having thoughts of suicide
- 58% increase in the chance of suicidal behaviour
- 23% increase in the chance of using tobacco, alcohol or marijuana



### Some tips for a good nights sleep

- Aim to get to bed and wake up around the same time each day, including on the weekend
- Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time
- Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light  
Light is needed in the morning, so aim to be outside for 30 minutes
- Exercising during the day is a good way to make you tired at night

For more information about sleep, go to <http://www.sleephealthfoundation.org.au/>

**For more information, contact  
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 [www.bethany.org.au](http://www.bethany.org.au)  
Gamblers Help 1800 858 858 [www.gamblershelp.com.au](http://www.gamblershelp.com.au)