

Psychology Month February 2017

Week 2

Change how you *sleep*, **change** how you *feel*



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Change How You Sleep Change How You Feel



How Much Sleep Do You Need?

Change How You Sleep – Change How You Feel

Age/Condition:	Amount of Sleep Needed (per day):
Newborn baby	Up to 18 hours
1-12 months	14-18 hours
1-3 years	12-15 hours
3-5 years	11-13 hours
5-12 years	9-11 hours
Teenagers	9-10 hours
Adults	7-9 hours
Pregnant Women	8+ hours
House cat	13-16 hours

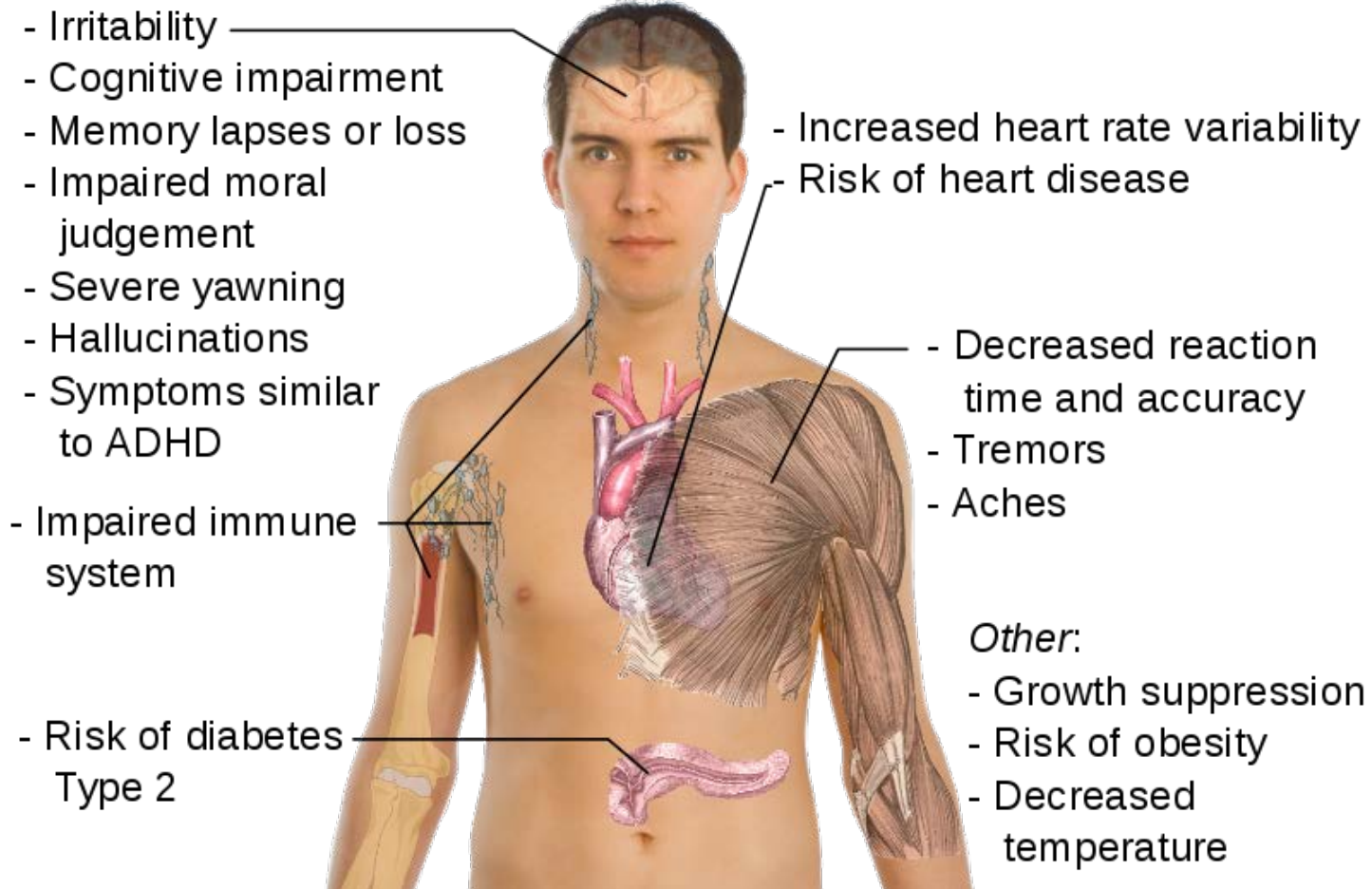
Amount of sleep is only meaningful if it occurs at the correct time of day & under the right conditions

Typically, teens only get 7 hrs 53 min of sleep per night (on average)

Impact of Sleep Debt

Change How You Sleep – Change How You Feel

Effects of Sleep deprivation



Sleep and Electronic Devices

Change How You Sleep – Change How You Feel

- Problems with technology in the bedroom
 - Staying up late watching TV/ “gaming”
 - Artificial light from TV/computer tricks brain into staying alert
- Darkness encourages melatonin production
 - Melatonin helps sleep and resets our internal clock
- To make sure technology isn't harming your slumber, give yourself at least 30 minutes of gadget-free transition time before going to bed



Caffeine and Other Substances

Change How You Sleep – Change How You Feel

- Caffeine's impact peaks at 1hr (after consumption) but it stays in your system for 6-7 hours
- It reduces deep sleep (staged 3 & 4 sleep)
- Caffeine is in more than just coffee & tea:



- Alcohol and marijuana also reduce rapid eye movement (REM) sleep
- Cigarettes contain nicotine, which is a potent stimulant and can cause insomnia