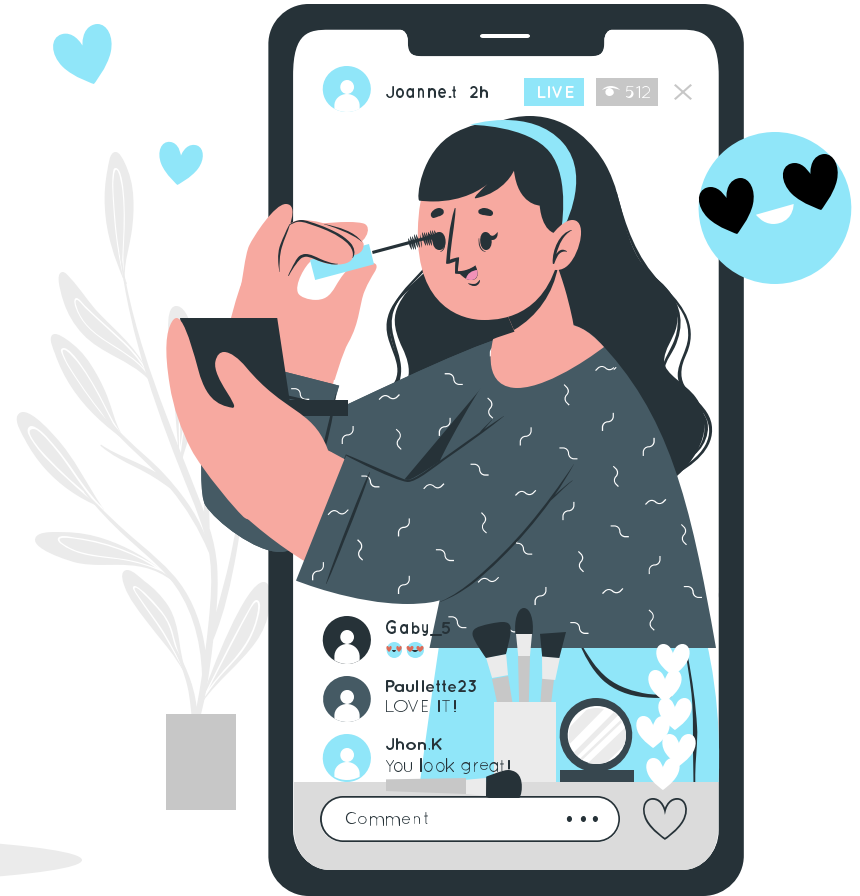
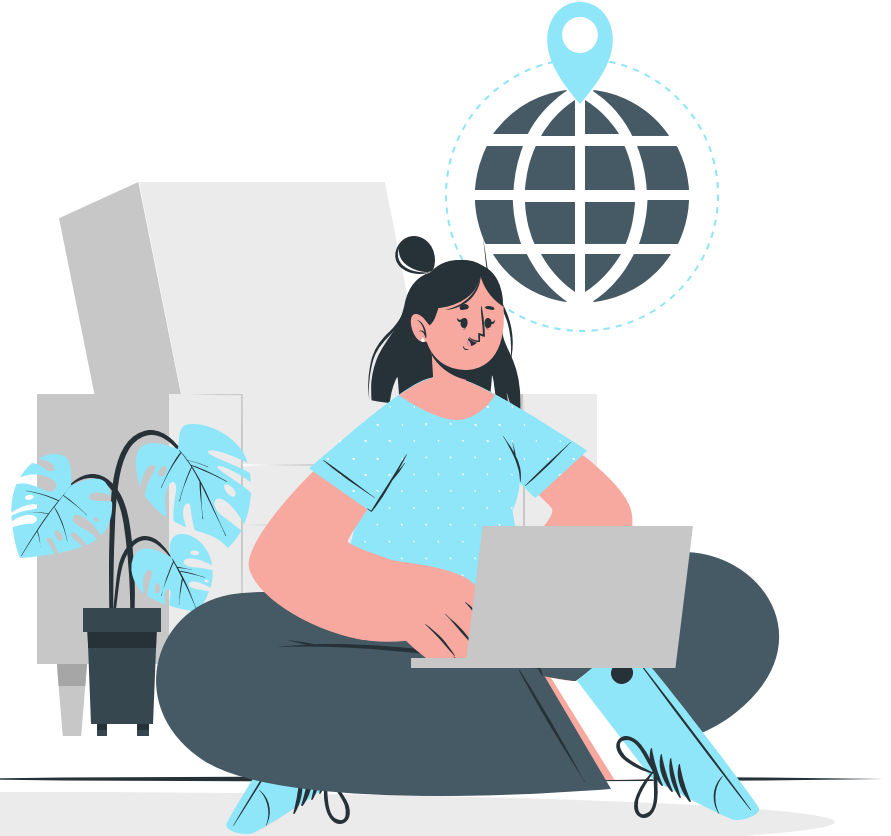


# Social Media and Sleep Hygiene



# Introduction

Social media can help teenagers with healthy development, but it can also create risks. Psychological research shows it is critically important to focus on how teens use social media and the type of content they see.





**As a parent or caregiver,  
you are the expert on  
your child. You know  
what experiences will fit  
with their strengths and  
areas of vulnerability.**

“characterised by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that lead to impairment or distress”

Shaw and Black (2008, p.353)



## **DEFINING INTERNET ADDICTION**

Gaming disorder is described by the ICD-11 as a persistent pattern of gaming behaviour, online or offline, to the detriment of a person's everyday life. For a diagnosis someone must have been showing a lack of control over gaming, priority being given to games over other interests and an escalation of gaming within the last 12 months.


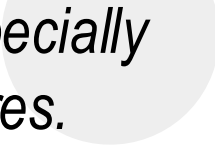

For gaming disorder to be diagnosed, the behaviour pattern must be severe enough that it results in significant impairment to a person's functioning in personal, family, social, educational, occupational or other important areas, and would normally have been evident for at least 12 months.



**Diagnosis ICD-11**



# Recommendations

- 
- 1. Recognise developing brains may be especially vulnerable to specific social media features.*
  - 2. Monitor and discuss your child's social media use.*
  - 3. Model healthy social media use.*
  - 4. Watch for problematic social media use*
  - 5. Teach social media literacy.*
- 
- 





# According to the Sleep Foundation

Teens need between  
**8 and 10 hours**  
of sleep a night,  
but polls show most teens get much less



**60%**

of middle  
schoolers



**70%**

of high  
schoolers



report **inadequate sleep on school nights**





## **Why is it so important?**

During sleep we can process information, consolidate memories, and undergo a number of maintenance processes that help us to function during the daytime.





### **Poor Academic Performance**

Not sleeping enough can cause issues with concentration, problem-solving, motivation, memory, and organizational skills.



### **Behavioral Issues**

Teens may be more impulsive and have difficulty maintaining positive relationships with their peers.



### **Poor Mental Health**

Teens may experience a decline in mood. Sleep loss can even lead to symptoms of depression and anxiety.



### **Accidents and Injury**

A lack of sleep can increase the chances that teens will engage in risky behaviors such as drinking and driving. This can make teens more prone to accidental injuries.

Chronic sleep deprivation that occurs over a long period of time has also been linked to certain medical conditions.



### **Obesity**

Teens who do not sleep enough tend to overeat and consume unhealthy diets.



### **Hypertension**

Research suggests that a lack of sleep may be linked to salt retention and stress.



### **Diabetes**

A lack of sleep can make it more difficult for the body to regulate blood sugar, which can increase the risk of diabetes.



# **The Effects of Sleep Deprivation on Teens**

# 10 sleep tips for teens



1 Only use your bed for sleep. Don't lie on your bed outside sleep times



2 Try to go to bed and get up at about the same time every day



3 Don't consume caffeinated drinks after 2pm



4 Eat at least two hours before bed



5 Have a relaxing pre-bed routine. Clear your thoughts, meditate



6 Take a hot bath or shower (more than 20 minutes before bedtime)



7 Try drinking a milky drink or chamomile tea before bed



8 Make your bedroom a quiet place



9 Make sure your bedroom is not too hot



10 Turn your computer off. Leave your phone out of the bedroom



# Sleep Supports

