



# 10 facts about teenage sleep



## Fact 1

The National Sleep Foundation recommends 8-10 hours sleep for teenagers ages 14-17 years.



## Fact 2

A research study in 2020 found that many young people were getting only 6 or 7 hours of sleep a night during the week.



### Fact 3

Less than 8 hours sleep in adolescents has been linked with adverse behaviours like smoking marijuana, consuming alcohol, physical fighting, feelings of sadness and consideration of suicide.



## Fact 4

In a research study, adolescents sleeping for only 6.5 hours a night performed significantly worse academically than those sleeping for 10 hours.



## Fact 5

Adolescents are generally aware that not enough sleep reduces their mood, concentration and ability to make decisions.



A close-up, slightly blurred image of an analog clock face. The clock has a white face with black numbers and hands. The hour hand is dark blue and points towards the 12. The minute hand is orange and points towards the 1. The clock is set against a dark background.

## Fact 6

The release of melatonin (the hormone that indicates it is time for bed) is delayed by up to two hours in adolescents.



## Fact 7

The more a young person is exposed to artificial blue light, the more they are likely to experience a delay in melatonin release.





## Fact 8

A study in 2015 showed gaming and the use of mobile phones, computers and the internet were linked to significant delays in adolescent bedtimes.



## Fact 9

More than 70% of 10-17 year olds in the UK are reported to consume 'energy' drinks containing between 70 and 240mg of caffeine.



## Fact 10

The recommended caffeine consumption for adolescents is no more than 100mg a day.



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