

The Importance of Adolescent Sleep

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ROYAL
HOLLOWAY
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OF LONDON

What is adolescence?



TEENAGERS

What is adolescence?



10 + YEARS OLD



TEENAGERS



What is adolescence?



10 + YEARS OLD



TEENAGERS



UP TO 24 YEARS OLD

Adolescent development is based on biological (e.g. puberty, brain development) and social (e.g. staying in education, living with parents). This is important from late primary school, through secondary school, college and university

What is
important
about
adolescent
sleep?



Sleep becomes later

Seen in different cultures and in
other mammals during puberty
too!

But what is sleep?

SLEEP QUALITY

Subjective rating

Habitual
sleep
Buysse et al.
(1988)

Habitual sleep

Buysse et al.
(1988)

SLEEP QUALITY

Subjective rating

SLEEP LATENCY AND DURATION

How long did it take to fall asleep? How long did you sleep?

Habitual sleep

Buyssse et al.
(1988)

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How long did it take to fall asleep? How long did you sleep?

SLEEP EFFICIENCY

The proportion of time you sleep, out of the total time in bed

Habitual sleep Buysse et al. (1988)

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SLEEP DISTURBANCES

What wakes you up in the night? (e.g. too cold/hot)

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DAYTIME DYSFUNCTION

How alert/awake are you during the day?

Habitual sleep Buysse et al. (1988)

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DAYTIME DYSFUNCTION

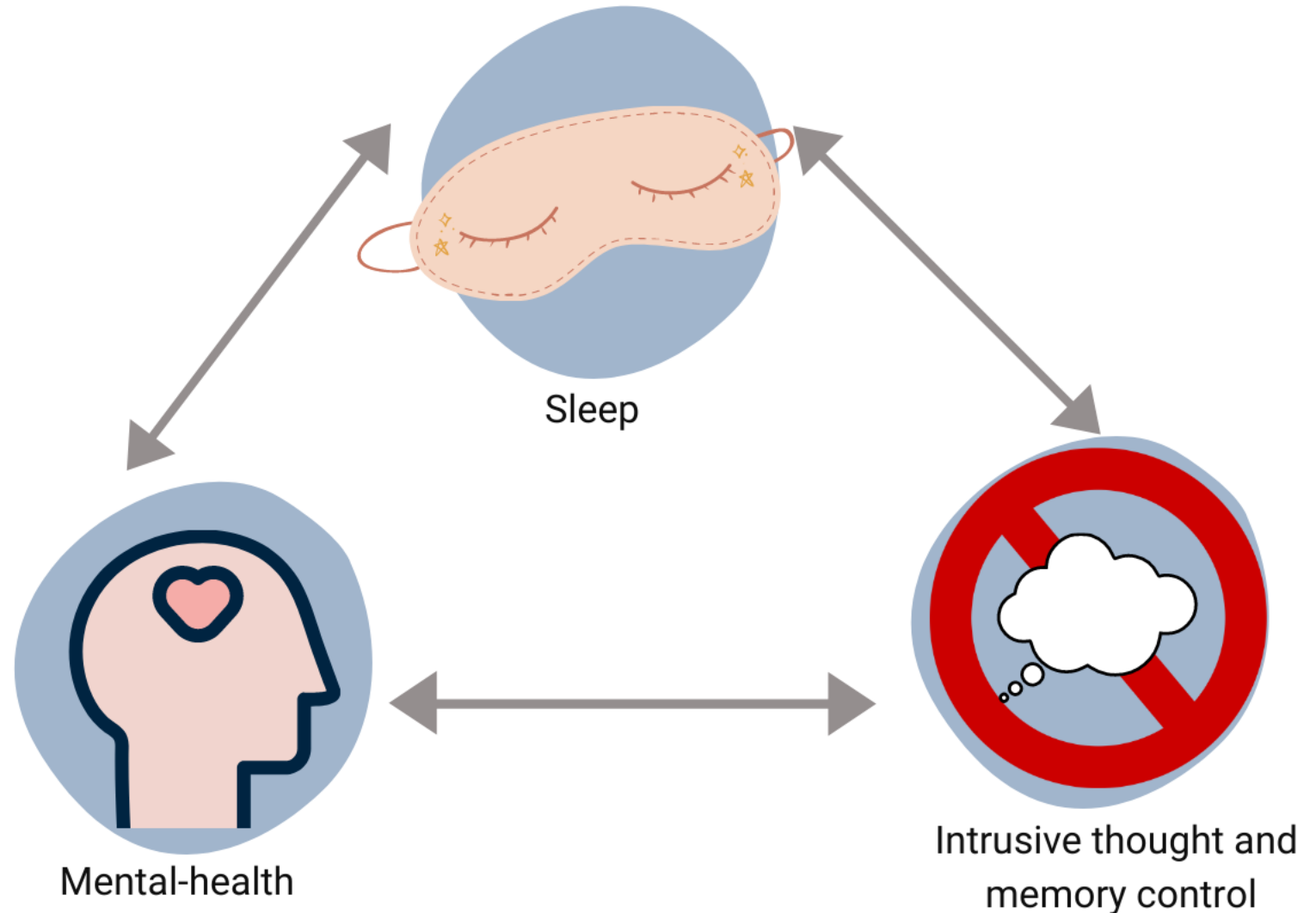
How alert/awake are you during the day?

A close-up photograph of a lion's head as it yawns widely, showing its pink tongue and teeth. The lion is in a natural savanna environment with tall grass. A white text box is overlaid on the image.

Why does sleep matter?

The interaction between sleep and mental-health

Harrington
& Cairney
(2021)



Feelings and mental- health:

The tripartite
model (e.g. Clark
& Watson, 1991)



POSITIVE AFFECT

e.g. excited, inspired.

Low positive affect uniquely
predicts higher levels of
depression

e.g. anhedonia



NEGATIVE AFFECT

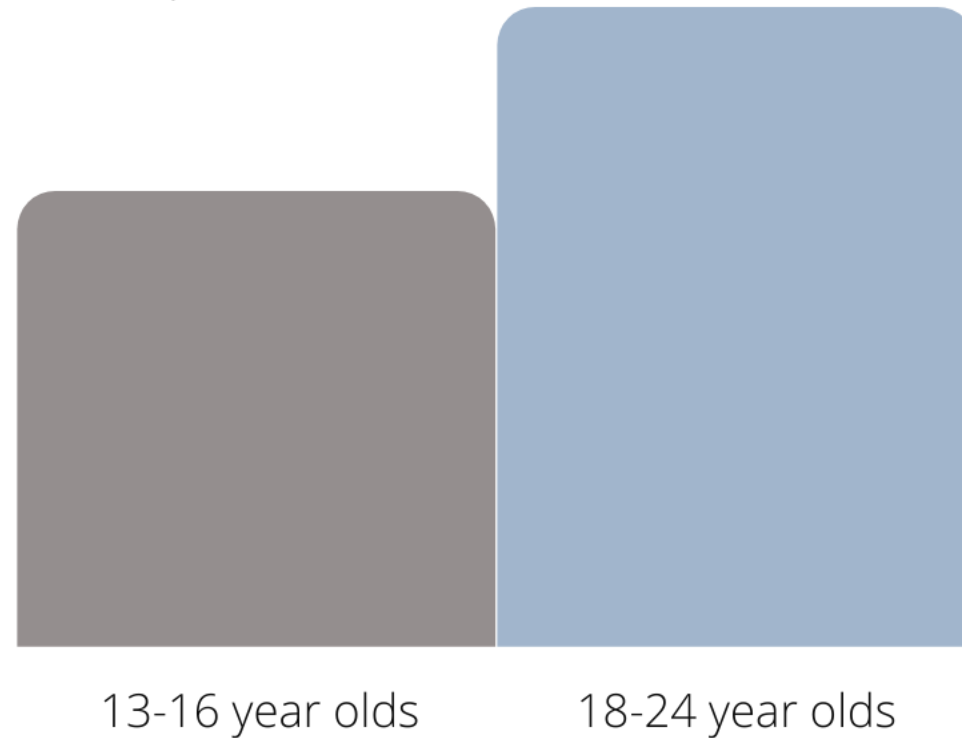
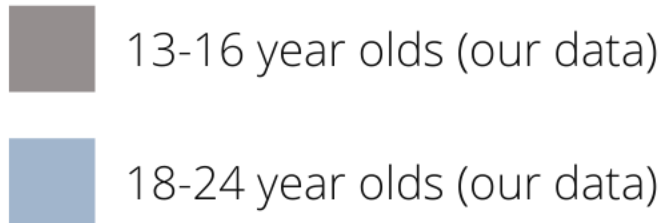
e.g. hostile, afraid, upset

High negative affect
predicts poorer mental-
health generally

How well are they sleeping?



Lower scores are better sleep
Measured with the PSQI



Mean scores on PSQI



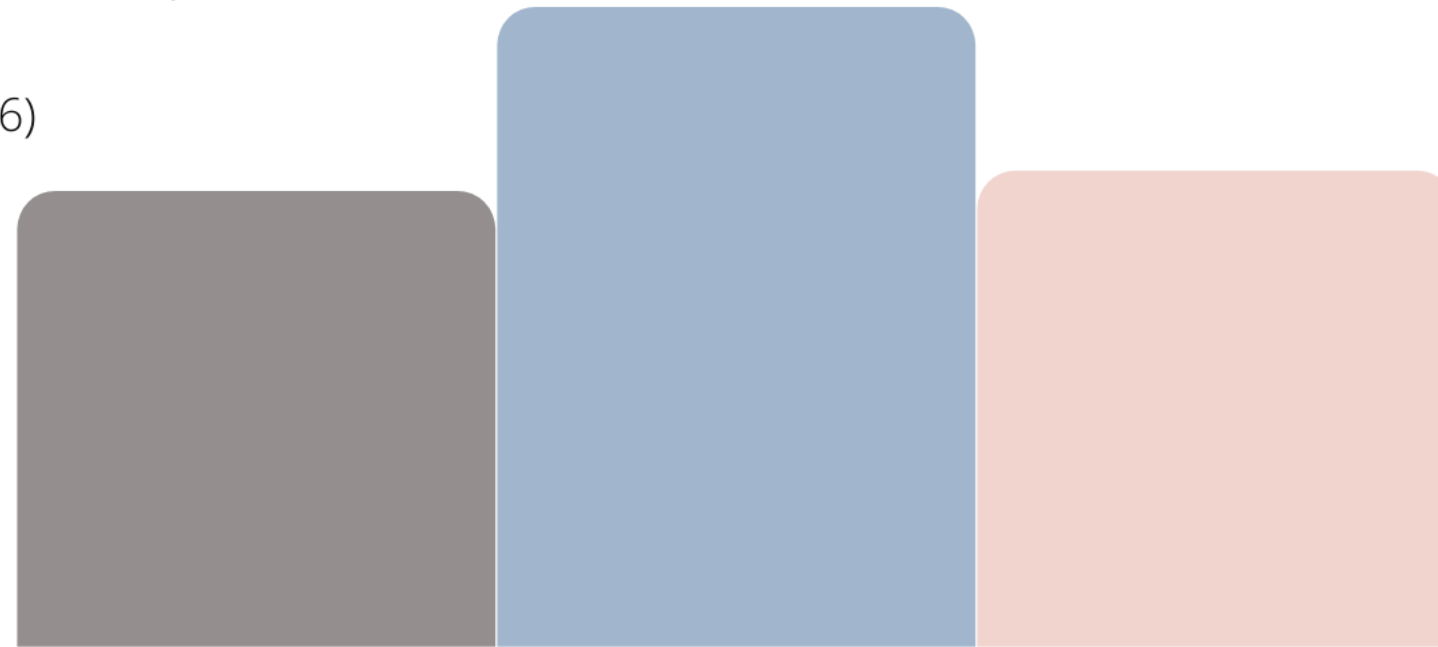
Lower scores are better
sleep

How well are they sleeping?



Lower scores are better sleep
Measured with the PSQI

- 13-16 year olds (our data)
- 18-24 year olds (our data)
- Dietch et al. (2016)



13-16 year olds

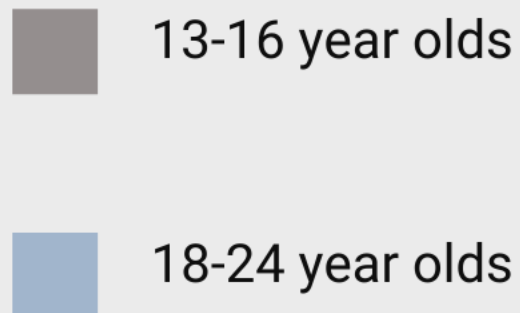
18-24 year olds

Undergraduates
20.4 ± 4.1 years

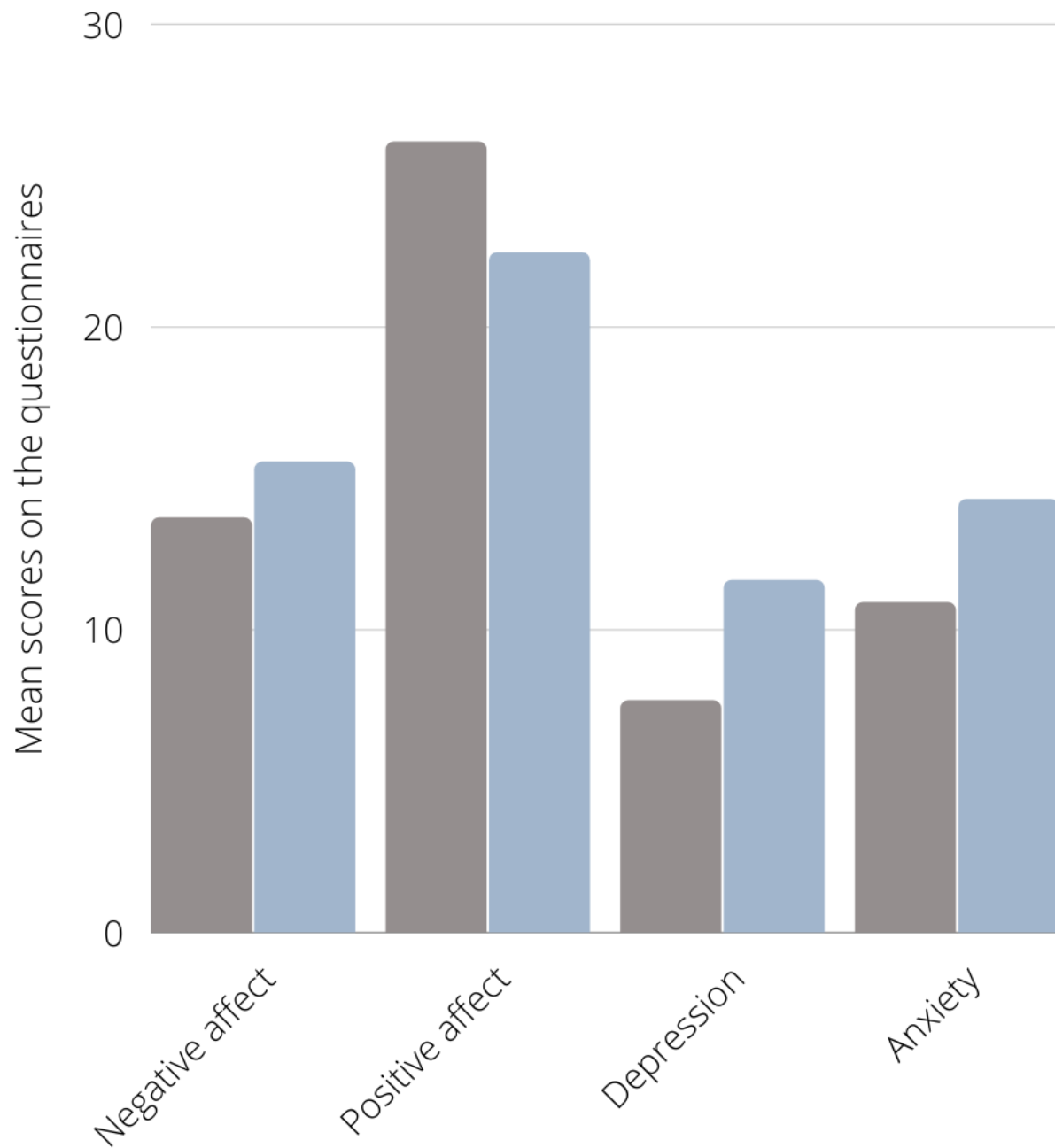
Mean scores on PSQI

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We found....

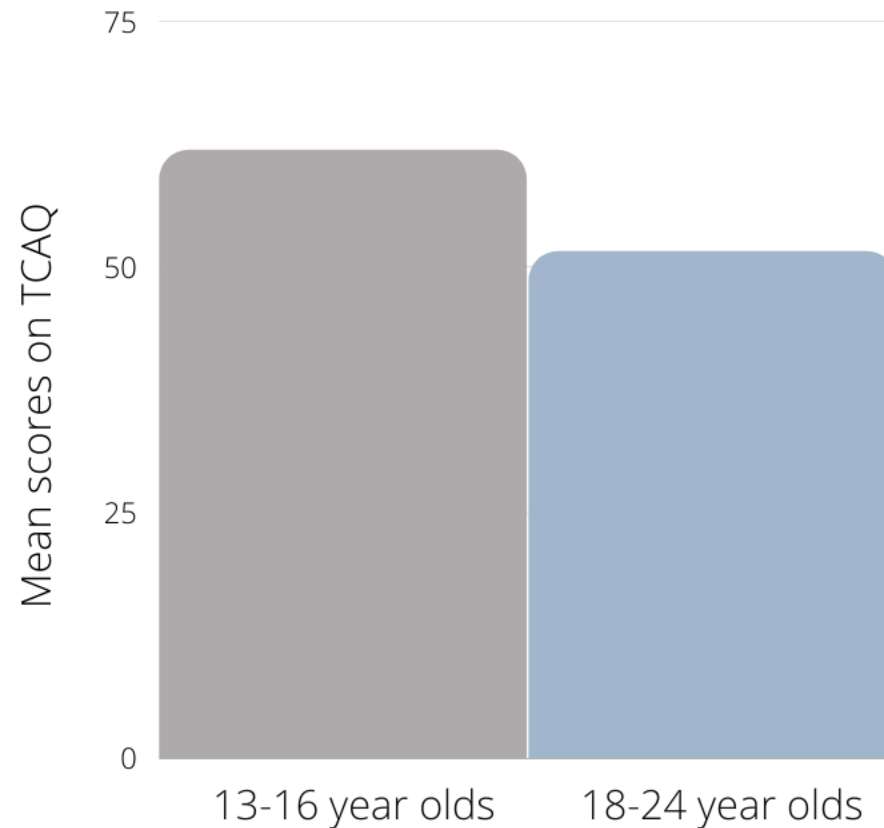


The younger adolescents (who had better sleep) have lower negative affect, higher positive affect, and lower levels of depression and anxiety than the older adolescents (who reported worse sleep)



How well can they control their thoughts?

The younger group, who sleep better and report better feelings and mental-health also show better thought control than older adolescents



We found...

For younger (13-16)
and older (18-24)
adolescents



POOR SLEEP WAS RELATED TO

Higher negative affect
Lower positive affect

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**POOR SLEEP WAS
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Lower positive affect



**AFFECT WAS RELATED
TO MENTAL-HEALTH**

Directly, and via poor sleep

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Directly, and via poor sleep



POOR SLEEP WAS ASSOCIATED WITH LOWER THOUGHT CONTROL ABILITY

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AFFECT WAS RELATED TO MENTAL-HEALTH

Directly, and via poor sleep



POOR SLEEP WAS ASSOCIATED WITH LOWER THOUGHT CONTROL ABILITY



LOWER THOUGHT CONTROL WAS ASSOCIATED WITH WORSE MENTAL HEALTH

Directly, and via poor sleep

Research to practice?



SLEEP IS IMPORTANT

Students not sleeping enough may have worse mood and poorer mental-health



STUDENTS WITH SEMH

Students struggling with their mental-health may also struggle with sleep



INTRUSIVE THOUGHTS

In schools - could be related to feedback, self-esteem, bullying etc.



THANKYOU

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You, for listening!

Any questions/comments?



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