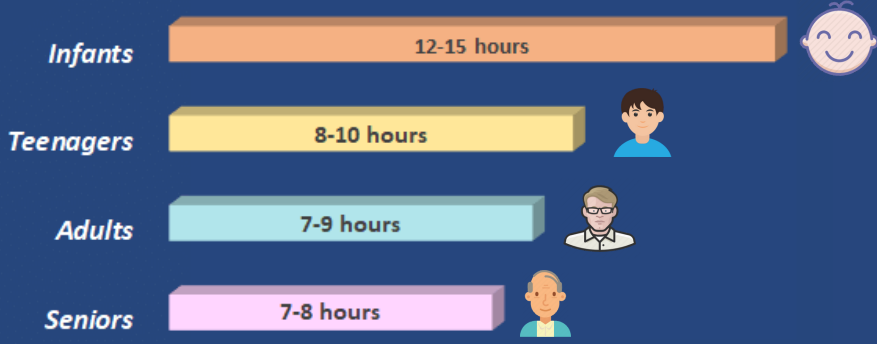


Poster by: Goh Ni Hui & Fathul (Singapore Polytechnic)

IMPORTANCE OF SLEEP

TO YOUNG PEOPLE

HOW MUCH SLEEP IS "ENOUGH"



Teenagers get between 7 to 8 hours of sleep. However, they need between 9 and 10 hours as per recommended by health studies

EFFECTS OF SLEEP DEPRIVATION



1) Higher percentage of Accidents
 In USA, National Highway Traffic Safety Administration estimates that fatigue is a cause in 100,000 car crashes and 1,550 crash-related deaths a year, high prevalence in ages under 25

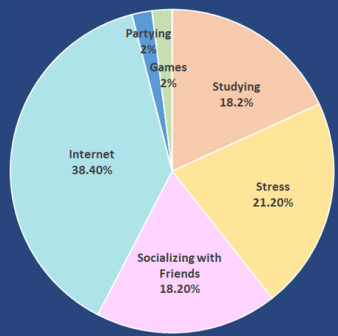
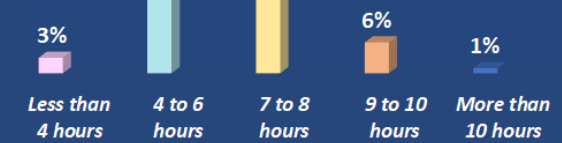


2) Serious Health Problems
 Can lead to heart diseases, diabetes and stroke. 90% of people with insomnia disorder also have another health condition



3) Decrease productivity
 Sleepiness makes you lose focus and decreases your attention span in school and work

REASONS OF SLEEP DEPRIVED



SLEEP DEPRIVATION AND SLEEPLESSNESS

- 38.4% of students find that internet is the predominant cause for their sleep deprivation
- Frequent usage of cell phones around bedtime is associated with difficulties falling asleep

RECOMMENDATIONS

- 1** Stick to a consistent schedule, go to bed and wake up at the same time every day. If possible, waking up on sunrise is a good way to reset your body's clock more naturally
- 2** Keep your bedroom at a reasonable temperature because a bedroom that is too hot or too cold can disrupt sleep
- 3** If you're having trouble sleeping, try doing something else like reading a book for a few minutes. Feeling anxious before sleep exacerbates sleep deprivation

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