



The  
AdSleep  
Project

# WHY BOTHER ABOUT SLEEP?

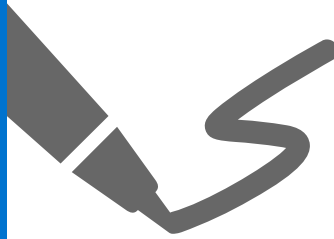
<https://adsleep.psychologyresearch.co.uk/>

## BENEFITS

1

Sleep helps us to learn and remember more information at school.

READ MORE...



## WHO ARE WE

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We are a team of researchers from Royal Holloway University and the University of York.

We are running a research project, funded by the Leverhulme Trust, over the next three years in schools across Surrey.

The aim is to better understand the impact of teenagers' sleep on learning and education.

We are not asking teenagers to change their normal sleep behaviours - we are interested in their normal routine!

## CHANGES

2

A teenager's body prefers late bedtimes, but this causes insufficient sleep.

READ MORE...



## HELP

3

Turn off devices, eat the right foods, cut caffeine, and exercise.

READ MORE...



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# 1

## BENEFITS



We often hear that getting enough good quality sleep is important, but why? Beyond the many benefits for mental well-being and physical health, sleep is also critical for our cognitive performance. Research shows that students who sleep better are more able to concentrate at school, they can learn more information, and they remember more. A big reason being that the brain moves memories around during sleep, creating space for new information and ensuring that old information is stored in long-term memory rather than being forgotten.

**This is why the AdSleep project will be measuring students' ability to learn new words, to read, and their performance at school including assessment/attainment data as well as self-rated and teacher ratings of performance.**

# 2

## CHANGES



Teenagers are criticised for being lazy because they want to go to bed and wake up late. There are often social factors at play here, such as mobile phone use before bed, but there is science behind it too. During puberty, our biological body clock shifts causing most teenagers to feel tired later in the evening and refreshed later in the morning. The big problem with this is that teenagers still need to wake up early for school which often means that they are not getting as much sleep as they need and the quality of the sleep they do get is poor.

**This is why the AdSleep project will be asking students to fill out daily sleep and media use diaries as well as asking them to complete questionnaires about their sleep duration, the quality of their sleep, their sleep timing preference, and their stage of pubertal development.**

# 3

## HELP



Whilst we are currently trying to understand how sleep changes during teenage years and the effects on learning and education, we will soon be developing an app to help teenagers to improve their sleep behaviours. Keep an eye on our website (<https://adsleep.psychologyresearch.co.uk/>)! In the meantime, some tips:

1. A bedroom temperature of 18 degrees is ideal for the body clock, and it needs to be dark and quiet.
2. Avoid sugar and caffeine (fizzy pop) before bed, but melatonin-rich foods are good (bananas, oatmeal).
3. Avoid screens before bed – they contain a blue light which prevents the sleep hormone (melatonin) and keeps you awake.
4. Relaxation activities and exercise (not too close to bedtime!) are great for relieving stress and worries.
5. Go outside for natural daylight in the morning to reduce melatonin and wake you up.