Online News Article

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What is sleep? Sleep is a natural and essential state of reduced consciousness. The body and the brain rest, repair, and restore themselves through REM stages, and it is crucial for physical health, memory, and cognitive function.

Why is sleep important for teens? Sleep supports their physical and brain development, improving academic performance and emotional regulation, and physical health by consolidating memories and boosting focus. Basically is how your body can repair! It can help us prevent infections too.

What happens if you don't sleep enough? Not getting enough sleep as a teenager can impair mood, mental function, physical health, and increases risky behaviours like substance use, and poor academic performance. That's why our brain needs 8-10 hours of sleep.