

Teens and Sleep: The Importance for Well-being



Mon 27th Jan. 2020 | 19:15 to 21:15 £19.50
The SandPit Theatre, The Ridgeway, St Albans, AL4 9NX
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It is very common for young people, and adults, to have difficulty sleeping. It is normal to struggle with sleep around important events, even positive ones such as parties or holidays. One or two nights of poor sleep does not necessarily forecast a problem and most young people can cope with that and catch up. However, if someone has been sleeping badly for a few weeks, this may be a good time to try and change things.

Sleep problems can sometimes be triggered by something bad or difficult happening. For example, being bullied or having negative experiences with friends can lead to trouble sleeping. Young people are also often under pressure from school to perform well in exams or coursework, and may be involved in other hobbies that bring pressure from competitions or exams. However, sometimes sleep problems seem to appear out of the blue. This is not uncommon in young people due to natural changes in sleep cycles that arrive with adolescence.

Our speaker is an expert in the field of sleep and adolescent wellbeing. In this talk she will discuss the changes in sleep that occur during adolescence, its effect on school work and mental wellbeing, and practical things that that can be done to promote better sleep. These techniques can also be useful for all members of the family.

Who is this talk for?

This talk is for parents, grandparents and carers of children aged 11 to 19.

What will parents gain from this talk?

An understanding of the biological, psychological and social changes that affect sleep in adolescence.

Information about the relationship between sleep and mental wellbeing, and how improving one can have an impact on the other.

Knowledge of the current successful strategies for managing difficulties in sleeping.

Advice on practical changes which can be implemented to encourage better sleep quality.

About the speaker

Dr Faith Orchard is a Chartered Psychologist conducting research examining the development, maintenance and treatment of child and adolescent anxiety and depression, based at the Anxiety and Depression in Young People (AnDY) Research Clinic at the University of Reading. Faith's work is currently focused on the role of sleep in adolescent mental health, and she has developed the '*Sleeping Better*' programme which is being piloted in the local Child and Adolescent Mental Health Service, as well as in local schools. Faith has published a number of journal articles on child and adolescent mental health, and presents her research internationally, as well as delivering teaching on sleep for professionals in schools and mental health services. She is passionate about improving the lives of young people and their family, and regularly engages with the local community in the development and dissemination of her work.