

Randwick Children's Emergency has moved

The Children's Emergency Department and several other hospital services have moved into the new Bilima building.

Learn more



Sleep recommendations for teenagers (13+ years)

Your child needs good quality sleep for their growth, development and learning. While they sleep, their brain and body are working hard to recover, restore and prepare for the next day. If your child has enough sleep, they are likely to be happier, have more energy, and be more active.

Sleep recommendations

- Children aged 5 to 13 years of age need 9-11 hours of good quality and uninterrupted sleep every 24 hours.
- Children aged 14 to 17 years need 8-10 hours of good quality and uninterrupted sleep every 24 hours.

Every child is different, and your child may need more or less sleep than the guidelines. If your child is having regular daytime naps at this age, is struggling with their sleep, or their sleep schedule is impacting your wider family, speak with your doctor.

See [Healthy sleep for children](#) for more information.

The impacts of puberty on sleep

As children reach puberty, they often do not get as much sleep as they need. The pressures of schoolwork, social life, and peer contact can create later bedtimes and regular sleep-ins.

This sleep pattern should not be encouraged as it can lead to an altered sleep phase where your child wakes late and is unable to easily fall asleep at night. Going to sleep late makes it difficult for teenagers to get the recommended sleep they need each night and be ready for school or work the next morning.

Screen time and sleep

The social and recreational use of screens can significantly contribute to sleep disturbances in children. Screens such as TVs, phones and tablets release blue light, which blocks the release of melatonin.

Melatonin is a hormone that is released by the brain in response to darkness and helps children fall asleep. As screens emit light later at night they can offset melatonin and delay your child's body clock. Try to help your child strike a sensible balance between late-night socialising and sleeping. Here is what you can do to help your child sleep:

- avoid using electronic media, including television, computers, and mobile phones, for at least an hour before bedtime
- keep screens out of the bedroom to reduce your child's temptation and time spent on screens before bed
- having screens outside the room also allows you to supervise the content they are engaging with.

See Online safety for more information.

Sleep deprivation

If your child doesn't get enough sleep, it can impact their physical, emotional, and cognitive health.

7 out of 10 teenagers are sleep deprived.

Not enough sleep can make it difficult for your child to learn and concentrate, manage their emotions, follow directions, be creative, solve problems, and they may be more likely to become sick. All these physical, mental and immune functions are essential for your teenager to learn and develop effectively.

"There is a huge reduction in negative mental health outcomes during adulthood if children sleep well during these important development stages. Think of it as an investment" - Dr Chris Seton (Paediatric & Adolescent Sleep Physician).

Sleep for teenagers

