

# MORE SLEEP, MORE KNOWLEDGE

NASPAN.si survey, 356 eighth-graders in Celje, February 2024

Sleep is essential for physical and mental health and overall well-being.

At the same time, sleep plays a crucial role in strengthening memory and learning abilities. During sleep, short-term memory is converted into long-term memory, while memory space is freed up for new learning.

A regular sleep schedule offers a range of benefits for adolescents:



## DO ADOLESCENTS GET ENOUGH SLEEP?

SLEEPING IN ON WEEKENDS  
(MORE THAN 2 HOURS)

50 % GIRLS

29 % BOYS

Source: NASPAN.si survey

Half of the girls and just under a third of the boys reported sleeping more than two hours longer on weekends. This indicates a significant sleep deficit during the week.

When sleep is lacking during the school week, it can be beneficial for a teenager to extend their sleep by one to two hours over the weekend, but it is not possible to fully make up for the lost sleep. Parents should encourage their teenagers to try to maintain a regular bedtime and wake-up time and thus devote enough time to sleep.

**WE RECOMMEND 9 TO 11 HOURS OF SLEEP PER NIGHT FOR SCHOOLCHILDREN UP TO AGE 13, AND 8 TO 10 HOURS OF SLEEP PER NIGHT FOR THOSE 14 AND OLDER.**

More tips for healthy sleep for schoolchildren and teenagers:



What can an adolescent do to make it easier:



## EIGHTH-GRADERS ON THEIR PARENTS' HABITS

Less than half of eighth-graders in Celje believe their parents get enough sleep, and a third report that their parents use a phone or tablet in bed before going to sleep.

MY PARENTS ...

45 % ... SLEEP ENOUGH

33 % ... USE A PHONE OR TABLET IN BED BEFORE GOING TO SLEEP

Source: NASPAN.si survey

MY PARENTS ...

74 % ... ENCOURAGE ME TO GO TO BED ON TIME

39 % ... DETERMINE WHAT TIME I HAVE TO GO TO BED ON SCHOOL NIGHT

Source: NASPAN.si survey

Parents can become advocates for healthy sleep by providing teenagers with a conducive sleep environment and by setting a positive example of how to prioritize healthy sleep.

Most eighth-graders in Celje report that their parents encourage them to go to bed on time, but most parents do not set rules regarding sleep.

In addition to encouragement, healthy sleep for teenagers also requires rules, which parents should establish in mutual agreement with their teenagers.

## SCREEN TIME AND PHYSICAL ACTIVITY

More than half of eighth-graders in Celje spend excessive amounts of time on screens during their free time on school days. Most of those surveyed do not engage in regular physical activity, which may also affect their sleep.

MOVEMENT BEHAVIOR

59 % EXCESSIVE SCREEN TIME DURING FREE TIME ON SCHOOL DAYS

71 % IRREGULAR PHYSICAL ACTIVITY

Source: NASPAN.si survey

Screen time for adolescents competes with sleep time. Adolescents can easily lose track of time while using screens, so they should avoid stimulating and interactive screen content before bed.

Parents should encourage adolescents to plan a daily routine that includes, among other things, limiting screen time during leisure hours and at least one hour of physical activity per day.

Recommendations for screen use:



Half of eighth-graders in Celje report having trouble falling asleep, and slightly more than half of those surveyed say that stress from schoolwork makes it difficult for them to fall asleep.

WHAT'S KEEPING YOU FROM FALLING ASLEEP ON TIME?

49 % I LIE AWAKE IN BED FOR TOO LONG

57 % I'M STRESSED OUT BECAUSE OF SCHOOLWORK

Source: NASPAN.si survey