

# Teen Sleep during COVID-19: What can research tell us?

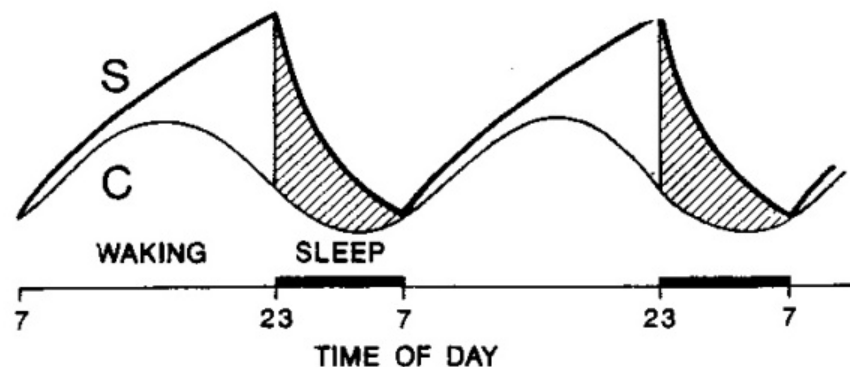


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# How We Sleep

- Two processes involved in sleep and wakefulness
  - 1) Sleep homeostasis: the sleep drive
  - 2) Circadian rhythm: the body clock



*Borbély's model of  
sleep-wake  
regulation (Borbély &  
Achermann, 1999).*

# Sleep throughout Youth

- **Recommended sleep quantity** (Paruthi et al., 2016)
  - Pre-school (3-5 years): 10-13 hours sleep
  - School-age (6-12 years): 9-12 hours sleep
  - Adolescence (13-18 years): 8-10 hours sleep
    - Only ~30% adolescents achieve this (Eaton et al., 2010)
- **Emergence of range of sleep problems, including:**
  - Insomnia and sleep refusal
  - Nightmares, terrors and sleep walking
  - Movement e.g. restless leg syndrome, head banging, teeth grinding etc.





**“The perfect storm”** (Carskadon, 2011)

# Factors influencing (lack of) adolescent sleep

## Biological



## Psychological



## Socio-cultural

# Sleep Habits during COVID-19

- Likely to be lots of variability in sleep
- Some young people following similar routines to pre-COVID
- Others may be allowing body clocks to determine new routines
- Some may be experiencing significant difficulties



# Common Adolescent Sleep Difficulties

- **Insomnia**
  - Trouble falling asleep
  - Trouble staying asleep
  - Trouble waking too early
- **Hypersomnia**
  - Trouble sleeping too much
- **Circadian Rhythm Disorders**
  - Delayed sleep phase disorder



# The Relationship between Sleep and Mental Health



## Cross-sectional Research

- Sleep disturbance is a **common symptom** in young people experiencing anxiety or depression, and vice versa (Goodyer et al., 2017; Chase & Pincus, 2011)



## Longitudinal Research

- Sleep problems in adolescence have been associated with **increased risk** of anxiety and depression later in life, and vice versa (Lovato & Gradisar, 2014; Leahy & Gradisar, 2012)



## Treatment Research

- Treating sleep problems has been found to **improve symptoms** of anxiety and depression (Gee et al., 2019; Blake et al., 2016)