

Sleep deprivation

Young people



0 to 19
TORBAY
for you

Look out for signs and symptoms of sleep deprivation during puberty and throughout adolescence. These may include:

- Difficulty getting to sleep (often not before 1-2am).
- Difficulty getting up in the morning.
- Wanting to stay in bed all day at the weekends.
- Irritability.
- Mood swings.
- Decreased confidence.
- Impaired judgement.
- Impaired memory which affects learning.