ADOLESCENTS' EXPERIENCES OF SLEEP

HBSC England 2022 data: Snapshot series
CHSS, University of Kent.
https://hbscengland.org/ @HBSCEngland

WHY IS THIS IMPORTANT?

Sleep is a major indicator of health and wellbeing. Meeting recommended sleep levels can protect against some risky behaviours, especially among those adolescents reporting less support from friends, family, school and/or community.

HBSC ENGLAND RECORDED:

- **declining sleep hygiene, with worse outcomes for girls, older adolescents and those from low affluence families**
- **similar patterns for mental health**
- **an erosion of factors that protect adolescent health**
- **consistently poor outcomes and rankings for England against the international data**

THIS SHOWS THE URGENT NEED FOR:

- evidence-based, targeted programmes to boost healthy sleep among adolescents as part of a wider plan to strengthen mental health and support, including:
- school and family programmes supported by resources and training
- action to reduce key stressors and enhance protections for young people in and out of school

KEY MESSAGES

CHSS University of Kent

Between 2014 and 2022…

- SLEEP DURATION fell
- REGULAR SLEEP DIFFICULTIES rose overall
- INSUFFICIENT SLEEP rose

Girls and older adolescents…

- reported the poorest sleep experiences
- **15 year old girls and boys in England had the worst outcomes for regular sleep difficulties among adolescents from 44 HBSC countries**

Adolescents from low affluence (low FAS) families…

- generally reported worse sleep experiences than those from high affluence families
- **English girls from low FAS families had the worst outcomes for regular sleep difficulties compared with adolescents from 44 HBSC countries**

Adolecents who reported difficulty sleeping *and/or* not getting enough sleep to feel awake/concentrate in school…

were MORE LIKELY to report…

- Low mental health
- High schoolwork pressure
- Low school liking
- Low school belonging
- Low school safety

hbsc HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN ENGLAND

Young people felt that sleep issues were related to **worry, daily and schoolwork pressures**, **screentime and messaging**.

*I get **lots of messages from friends all through the night**. I think not sleeping is a big issue.* Max, 14

*I have trouble sleeping sometimes - mainly getting off to sleep. I think it **could be because of screen time, but also because I worry** at bedtime.* Claudia, 14

*We are **studying late…** then the **only chance we get to play games and read is later** at night - and I feel that **homework has increased**.* Eleri, 19

4 in 10 reported **GETTING LESS THAN 8.5 HOURS SLEEP on school nights** (42%, down from 71% in 2014). *This was more common among:*

- ***boys compared with girls (45%, 39%)***
- ***younger rather than older adolescents (11 yrs [63%],13 yrs [38%], 15 yrs [23%])***
- ***high FAS compared with low FAS adolescents (47%, 38%)***

Over **5 in 10** reported **DIFFICULTY SLEEPING AT LEAST ONCE A WEEK** in the last six months (55%, up from 34% in 2014). *This was more common among:*

- ***girls than boys (62%, 47%)***
- ***older rather than younger adolescents (11 [54%], 13 [54%], 15 [57%]), with a steeper gradient with age among girls***
- ***low FAS than high FAS adolescents (57%, 53%)***

Over **3 in 10** reported **NOT HAVING ENOUGH SLEEP TO FEEL AWAKE AND CONCENTRATE on schoolwork during the day** (34%, up from 23%, 2014). *Higher in:*

- ***girls than boys (44%; 24%)***
- ***older than younger adolescents (11 [26%], 13 [35%], 15 [43%]), with a steeper gradient with age among girls***
- ***low FAS than high FAS adolescents (38%, 32%)***