

Sleep Pattern in Adolescence

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Received date: September 2, 2021; Accepted date: September 16, 2021; Published date: September 23, 2021

Citation: Sharma M (2021) Sleep Pattern in Adolescence. J Pediatr Care Vol.7 No.4: 76.

Description

Adolescence is a formative period in a person's life. The brain and body develop quickly, and the transition to adulthood is marked by significant changes in emotions, personality, social and family life, and academics. Sleep is critical during this time, since it works behind the scenes to help children perform at their best. Sadly, it suggests that many kids get far less sleep than they need. Sleep is required for humans of all ages. However, enough sleep is necessary for adolescent mental, physical, social, and emotional growth. Sleep increases focus, memory, and analytical thinking, which are all beneficial to the brain.

It allows you to recognize the most important information and consolidate what you've learnt, which sharpens your thinking. Sleep also encourages broader thinking, which may aid creativity. Teens need a lot of sleep, whether they're studying for a test, learning an instrument, or learning how to work. Given the importance of sleep for brain function, it's obvious that children who don't get enough sleep are exhausted and unable to concentrate, which can have a detrimental impact on their academic performance. Sleep deprivation for an extended period of time has been shown to have a negative impact on emotional development, increasing the likelihood of interpersonal conflict and more significant men.

Lack of sleep has been linked to anxiety, melancholy, and bipolar disorder, and sleep deprivation in teens has been linked to an increased risk of suicide. Improving a teen's sleep habits may help them avoid or relieve the symptoms of mental illness. Sleep is required for nearly all of the body's functions to function properly. It helps to improve the immune system, regulate hormones, and promote muscle and tissue recovery. During adolescence, there is a strong tendency to be a "night owl," staying up later at night and sleeping later into the morning. Experts believe there are two biological impulses at work here:

one that affects the sleep-wake cycle and the other that affects the circadian rhythm.

For starters, teens' sleep drives develop more slowly than adults', so they don't get fatigued until later in the evening. Second, the production of melatonin, a hormone that assists in sleep promotion, takes longer in the body. Adolescents might be affected by obstructive sleep apnea (OSA), which causes periodic pauses in breathing while sleeping. Teens who are having sleep problems should first talk to their doctor about how much sleep they are receiving and how it is affecting their daily life. Their paediatrician can help them figure out what's causing the issue and how to treat it as effectively as possible.

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Caffeine and energy drinks should be avoided during the afternoon and night time hours. To prevent examining electronic gadgets throughout the night, put them away for at least a half-hour before bedtime and set them to silent mode. Choosing a firm mattress and pillows for your bed. Maintaining a cool, dark, and peaceful environment in your bedroom. Modifications to sleep hygiene may be included in cognitive behavioural therapy for insomnia (CBT-I), a type of talk therapy for sleeping issues that has been shown to be successful in adults and may be beneficial to teens. CBT-I works by altering negative sleep-related concepts and thoughts and practising realistic sleep-related strategies.