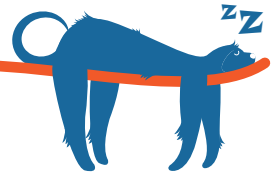


Checklist for sleepy teenagers



If you recognise any of these you may be suffering from sleep deprivation

Do you..

Find it difficult to wake up in the morning or sleep through the alarm?

Find that you are bad tempered, cross and feel more angry during the afternoon?

Fall asleep spontaneously if you are sitting quietly?

Sleep much longer at the weekend compared to school nights?

Sometimes feel very down, or very anxious or stressed and unable to cope?

Sometimes feel emotional or start crying for no reason?

Find it difficult to concentrate or focus at school in lessons?

Use your mobile phone or play computer games after you've gone to bed?

Often feel tired or lethargic during the day?

Find that your hand/eye coordination is not very good?

Find that you are accident prone, tripping over a lot or dropping things?

Find it difficult sometimes to control your behaviour, take unnecessary risks and do silly things?