

SLEEP TALKING

Barrhead High

St Luke's High



Barrhead High students surveyed S3-S6 pupils in Barrhead & St Luke's High schools. The posters illustrate how some issues affect them and what people around them could do to support them.

9-10

HOURS' SLEEP IS WHAT MOST TEENS NEED A NIGHT

60%

OF TEENS IN OUR SURVEY ARE GETTING BETWEEN 6-8 HOURS ON SCHOOL NIGHTS

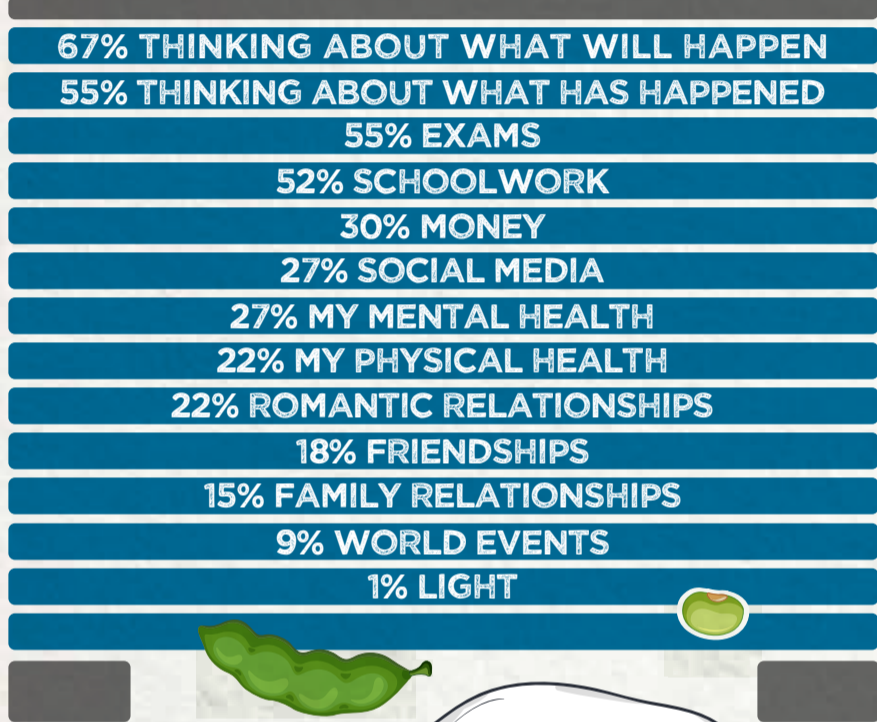
21%

OF TEENS FIND IT DIFFICULT TO FALL ASLEEP

56%

OF TEENS FEEL TIRED SOME OF THE TIME WITH 24% FEELING TIRED ALL OF THE TIME

WHAT MIGHT KEEP TEENS AWAKE AT NIGHT?



HOW DO YOU GET TO SLEEP?



HOW MUCH OF AN ISSUE IS SLEEP WITH YOUR PARENTS?

33%

NO, THEY ARE HAPPY WITH MY SLEEPING PATTERNS

27%

YES, THEY ARE ALWAYS NAGGING ME ABOUT WHEN I GO TO SLEEP

25%

THEY ARE NOT INTERESTED IN MY SLEEPING PATTERNS

12%

YES THEY ARE ALWAYS NAGGING ME ABOUT HOW LITTLE I SLEEP

3%

THEY ALWAYS ASK ME ABOUT HOW I SLEPT THE PREVIOUS NIGHT

Funded by East Renfrewshire Council's Participatory Budgeting Scheme Supported by Barrhead Parent Council

DO YOU HAVE ANY GOOD TECHNIQUES TO GET TO SLEEP?

