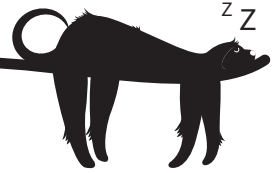


Checklist for sleepy teenagers



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?	<input type="checkbox"/>
Find that you are bad tempered, cross and feel more angry during the afternoon?	<input type="checkbox"/>
Fall asleep spontaneously if you are sitting quietly?	<input type="checkbox"/>
Sleep much longer at the weekend compared to school nights?	<input type="checkbox"/>
Sometimes feel very down, or very anxious or stressed and unable to cope?	<input type="checkbox"/>
Sometimes feel emotional or start crying for no reason?	<input type="checkbox"/>
Find it difficult to concentrate or focus at school in lessons?	<input type="checkbox"/>
Use your mobile phone or play computer games after you've gone to bed?	<input type="checkbox"/>
Often feel tired or lethargic during the day?	<input type="checkbox"/>
Find that your hand/eye coordination is not very good?	<input type="checkbox"/>
Find that you are accident prone, tripping over a lot or dropping things?	<input type="checkbox"/>
Find it difficult sometimes to control your behaviour, take unnecessary risks and do silly things?	<input type="checkbox"/>