
Teen health

Mount Aspiring College

Teen health

1. The three pillars
2. Are sleep, learning and mental health problems linked?
3. Multiple factors conspire to sabotage teen sleep

Teen health

4. Effects beyond tiredness

5. Sleep data

6. The nocturnal teen brain

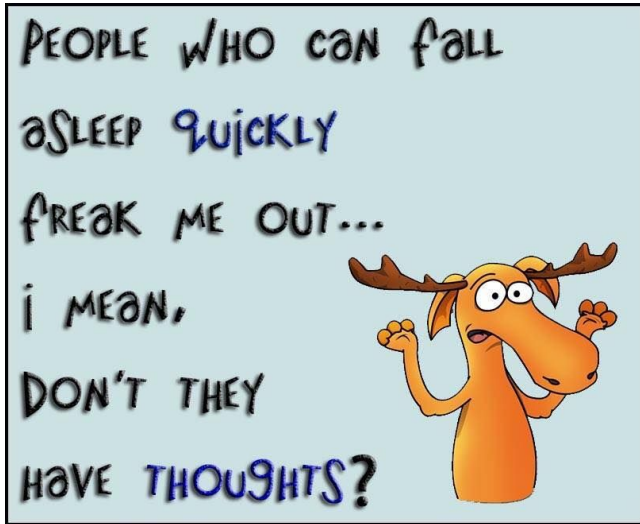
Teen health

7. Screens

8. A toxic mix

9. What can we do?

10. How to best manage nocturnal
screen use



Resources

sleepwellclinic.co.nz

sleepshack.com.au

Online sleep treatment (10 - 18 years)

thesleepconnection.com.au

Sleep health seminars
