

## Health summaries for teenage health App

### What is sleep?

Sleep is controlled by your brain, which has a built-in clock to help you get the sleep you need every 24 hours. This clock ticks in time with sunrise and sunset, when chemicals are released in your brain to make you alert or sleepy. Late nights or night-time waking can disrupt your body clock and cause sleep problems.

When you sleep, your eyes are closed and your muscles are relaxed. You're barely conscious. You might wonder why you need sleep when nothing seems to happen. But while your limbs are resting, your brain has work to do.

<https://www.sleepassociation.org/patients-general-public/what-is-sleep/>  
<http://www.sleephealthfoundation.org.au/public-information/fact-sheets-a-z/203-body-clock.html>  
<https://www.healthdirect.gov.au/sleep>

### Why do you need sleep?

While scientists don't fully understand why we need so much sleep, they know it's essential for our health and wellbeing. While you sleep, your body repairs itself and new cells grow. In children and young adults, growth hormone is released in periods of deep sleep, which is essential for physical development.

During sleep, your brain organises and stores images and information collected while you were awake. To be at your best, you might not need a tidy bedroom, but you need a tidy brain! Without proper sleep, you may find it hard to concentrate, solve problems and remember things.

<https://www.sleepassociation.org/patients-general-public/what-is-sleep/>  
<https://www.healthdirect.gov.au/sleep>

### Sleep and your health

Lack of sleep can seriously affect your health. As well as affecting your concentration and memory, poor sleep can make it harder to cope with stress, which can lead to anxiety or depression. Your digestive system can be disrupted, causing you to overeat and gain weight.

When you're short on sleep, you are more likely to have a car crash or workplace accident, be involved in arguments with family and friends, or perform badly in exams or sports. Sleep deprivation is also linked to diabetes, high blood pressure, heart disease, strokes and even premature death.

<https://www.sleepassociation.org/patients-general-public/what-is-sleep/>  
<https://sleepfoundation.org/sleep-topics/teens-and-sleep>  
<https://www.healthdirect.gov.au/sleep>

### How much sleep do we need?

The amount of sleep we need to keep us healthy varies with age and many Australians don't get enough. Most adults benefit from 7 to 9 hours of sleep per night. Children and teenagers need more

sleep than adults, with 14- to 17-year-olds generally needing 8 to 10 hours each night. Teenagers are advised not to sleep less than 7 or more than 11 hours per night.

<https://www.healthdirect.gov.au/healthy-sleep-habits>

<https://sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>

<https://www.sleephealthfoundation.org.au/848-sleepiness-epidemic.html>

## **Sleep hygiene**

Paying attention to sleep hygiene by developing healthy sleep habits is as important to health as personal hygiene. We can't force ourselves to sleep but we can make it easier to get a good night's sleep. Changing our sleep environment, our evening activities and what we eat and drink before bedtime can help the duration and quality of our sleep. Coffee, alcohol, soft drinks and blue light from electronic screens keep us awake!

<https://www.healthdirect.gov.au/healthy-sleep-habits>

## **10 tips for healthy sleep**

Try these sleep tips to boost your energy and mood:

1. Set a regular sleep-wake routine
2. Aim for 8 to 10 hours of sleep
3. Avoid using electronic devices at least 1-2 hours before bedtime
4. Find ways you can relax before bedtime
5. Make sure your room is dark and quiet and you are comfortable
6. Avoid stimulants: alcohol, caffeine and cigarettes
7. Try not to nap during the day
8. Try not to check the clock during the night
9. Sleeping pills should be used sparingly
10. See your doctor if you have difficulty sleeping

<https://www.healthdirect.gov.au/10-tips-for-healthy-sleep>

<https://sleepfoundation.org/sleep-topics/why-soda-impacts-your-zzss>

<https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep>

<https://sleepfoundation.org/sleep-topics/3-signs-too-stressed-sleep-and-how-unwind>

**NOTE: This is a longer version to include information in the link you provided, but it exceeds the 80 word guideline:**

## **10 tips for healthy sleep**

Try these sleep tips to boost your energy and mood:

1. Set a regular sleep routine, going to bed and waking up at the same time each day
2. Aim to get between 8 and 10 hours of sleep recommended for teenagers
3. Avoid electronic devices at least 1 to 2 hours before bedtime
4. Find ways to relax before bed – read a book, listen to music or take a warm bath
5. Make sure your bedroom is neither hot nor cold and is quiet, dark and comfortable
6. Avoid alcohol, caffeine and cigarettes – stimulants reduce sleep quality

7. Try not to nap during the day; if you nap, limit to half an hour
8. Resist the temptation to check the clock in the night, which increases anxiety
9. Sleeping pills should be used sparingly - they don't solve sleep problems and are addictive
10. Seek help from your doctor if you can't sleep or feel tired next day

### **Does it matter what I eat?**

A car needs the right fuel to perform. Your body is no different. Eating a varied diet that provides balance across the five food groups will help you feel great. Add exercise to the mix to maintain a healthy weight and be at your best. Eating well doesn't mean flavorless food either. It's true you need to limit foods high in fat and sugar, such as take away, cakes, biscuits, chips and soft drinks but you can still enjoy them now and then.

<http://www.nutritionaustralia.org/sites/default/files/Nutrition%20for%20Teenagers%20-%20does%20it%20really%20matter%20what%20I%20eat.pdf> – NOTE: This information has been written by Dairy Australia and may not be objective: "Dairy Australia is the dairy industry-owned service company, whose members are farmers and industry bodies." The information excludes teenagers eating or considering a plant-based diet. It may be helpful to find more inclusive, less biased information.

### **Healthy diets contain a variety of foods**

A healthy diet includes starchy carbohydrate found in breads, pastas, rice and cereals (preferably wholegrain for fibre and vitamins); protein such as lean meat, fish, eggs, soybeans, nuts and seeds, and legumes (e.g. chickpeas, lentils and red kidney beans); and fruits and vegetables (fresh or frozen). Look for low-salt foods and those without added sugar. Drink plenty of water to stay hydrated – after all, your body is around 60% water!

<https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-tips>

NOTE: This might be easier to read in a list as follows:

### **Healthy diets contain a variety of foods**

A healthy diet includes:

- Starchy carbohydrate found in breads, pastas, rice and cereals (preferably wholegrain for fibre and vitamins)
- Protein such as lean meat, fish, eggs, soybeans, nuts and seeds, and legumes (e.g. chickpeas, lentils and red kidney beans)
- Fruits and vegetables (fresh or frozen)

Look for low-salt foods and those without added sugar.

Drink plenty of water to stay hydrated – after all, your body is around 60% water!

NOTE: I had fun trying the Healthy Eating quiz but found that it doesn't cater for dairy-free diets! I've provided two options – one that highlights the quiz doesn't take account of dairy-free (which unnecessarily reduces your healthy diet score) and another option which caters for the quiz having been adapted, which hopefully it will be in future!

## **The Healthy Eating Quiz**

The Healthy Eating Quiz will help you find out how healthy your eating habits are. By answering questions about the type of foods you eat and how often, the quiz will reveal if you are eating a wide variety of vegetables, fruit, proteins, grains, and dairy. At the end of the quiz, you will receive a score and feedback on your eating patterns, including suggestions for ways to increase the variety of foods in your diet. **This quiz does not yet cater for dairy-free diets.**

<http://www.healthyeatingquiz.com.au/>

## **The Healthy Eating Quiz**

The Healthy Eating Quiz will help you find out how healthy your eating habits are. By answering questions about the type of foods you eat and how often, the quiz will reveal if you are eating a wide variety of vegetables, fruit, proteins, grains, and dairy **or dairy alternatives**. At the end of the quiz, you will receive a score and feedback on your eating patterns, including suggestions for ways to increase the variety of foods in your diet.

<http://www.healthyeatingquiz.com.au/>

## **Nutrition Tracking**

MyFitnessPal is a highly popular web-based nutrition and fitness application. Whether you want to lose weight, keep fit or learn more about your eating habits, MyFitnessPal (MFP) has tools and support to help you. Using MFP's extensive database of food and beverages, you keep track of what you eat and drink each day. MFP calculates your daily calories and nutrients, helping you to see what is missing from your diet, or where you might make healthier choices.

<https://www.myfitnesspal.com/>

## **Get up and get active!**

Being active helps you feel more alert, keep a healthy weight and have more energy to do the things you want. You'll also reduce your risk of serious disease in future. Aim for at least 60 minutes a day of physical activity that makes you 'puff'. This can be cycling, swimming, dancing, running, brisk walking, team sports or anything that makes your heart beat faster. Circuit training or even climbing stairs will strengthen your muscles too. Above all, make it fun!

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apa1317>

## **Australian guidelines for physical activity**

For good health, young people aged 13 to 17 should take part in at least 60 minutes of physical activity of moderate to vigorous intensity each day. This should include a variety of aerobic activities. On at least three days per week, activities that strengthen muscle and bone are recommended. For extra health benefits, young people should be active for several hours per day. Nine in ten Australian teenagers don't move enough. Buck the trend and get moving!

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa1317>

### **What are the benefits of moving more?**

Being active and reducing the time you spend sitting each day can help you to be healthy and happy.

#### **SOCIAL BENEFITS**

- Gives you fun time with friends
- Reduces aggressive feelings and actions
- Improves teamwork and communication skills

#### **EMOTIONAL AND INTELLECTUAL BENEFITS**

- Builds confidence and self-esteem
- Helps you cope with stress and anxiety
- Improves concentration and memory

#### **HEALTH BENEFITS**

- Builds strong muscles and bones
- Improves fitness and coordination
- Reduces your risk of disease and obesity

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa1317>

### **Stand up for yourself**

Even if you are active, there will be times when you're sitting down for long periods. While you need to sit down to do school work or eat dinner, you can limit other times spent sitting. Screen-based activities like watching TV, playing electronic games and using computers or portable devices are popular, but too much of a good thing can be harmful. The trick is to balance 'screen time' with being active. What tricks will you use to break the screen habit?

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa1317>

### **What is moderate or vigorous physical activity?**

Moderate intensity physical activity takes some effort and will make you breathe a little harder, but you'll still be able to talk to a friend. These activities include recreational swimming, tennis, football or cycling, as well as dancing or fast walking.

Vigorous intensity activities take more effort, making your heart beat faster and your lungs work harder. Running, aerobics, circuit training, fast cycling and organised sports like football, rugby, hockey or netball all require more intense effort.

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa1317>

### **Sworkit**

Sworkit is a fitness app offering a variety of aerobic, strength and flexibility workouts for any fitness level. Accessible on iOS, Android, Apple TV and the web, videos will guide you through each workout. You can even create your own custom routines using the exercise library. Sworkit is ideal to use wherever you are, whether out and about or at home. This exercise app could be just the thing to help get you moving!

<https://sworkit.com/>

### **What is stress?**

Stress can be defined as your body's response to a demanding situation. Your breathing and heart rate increase and you become more alert and energised. This flight or fight response is a survival mechanism that prepares you for danger. Stress is a normal experience that can help you perform in exams, sports competitions and music or drama performances. Stress can also be caused by study, work, relationship and financial pressures, or personality traits like perfectionism or procrastination.

<https://thiswayup.org.au/how-do-you-feel/stressed/>

### **Coping with Stress course**

Periodic stress isn't harmful but chronic stress can affect your physical and mental health. Ongoing stress can make you feel overwhelmed and unable to cope. Even small problems seem huge. Symptoms of stress can include sleeping difficulties, tiredness, irritability, muscle tension, concentration problems, lack of motivation, changes in eating habits and reliance on alcohol or drugs. Thankfully, there are skills you can learn to help manage your stress. Click the link below to take the free 'Coping with Stress' course.

<https://thiswayup.org.au/how-we-can-help/courses/coping-with-stress/>

### **How to deal with stress**

You can learn to deal with stress by being aware of how you think and challenging unhelpful perceptions. You can also try slow breathing and a more methodical approach to solving your problems. Proper sleep, regular exercise, healthy eating, doing things you enjoy, and reducing alcohol and drug use can all help you manage stress. If severe stress leads to depression or anxiety, medication might help while you learn coping strategies. Talk to family members or your doctor about what's best for you.

<https://thiswayup.org.au/how-do-you-feel/stressed/>

### **Headspace App**

With a mission to improve the health and happiness of the world, Headspace teaches meditation and mindfulness skills that could change your life. Using the Headspace app, you can have a 'personal meditation guide, right in your pocket'. Spending a few minutes each day, you can learn to deal with stress, improve concentration and sleep better. The beginner's course is free and will take you through the essentials of meditation and mindfulness.

<https://www.headspace.com/>

## **How to deal with anger**

Anger is a natural emotion everyone experiences. Recognising the warning signs and being able to calm down makes the difference between a bad mood that will pass and a big argument that can be harmful. If you feel argumentative or snappy and your heart is pounding and teeth gritted, there are things you can do to help clear the red mist. If you flare up often, seek help from a friend, family member or mental health worker to help you manage your anger.

<https://au.reachout.com/articles/how-to-deal-with-anger>

## **When anger ignites**

Are you quick to lose your temper but don't know why? Do you wake up in a bad mood and find the least thing makes you angry? Your anger could be caused by hormonal changes that teenagers go through. It could stem from stress or lack of sleep, or personality traits like sensitivity or impulsiveness. You may be influenced by family members losing control when they're angry. Whatever the reason, it isn't the anger that causes problems, but how you deal with it.

<http://kidshealth.org/en/teens/deal-with-anger.html>

## **What is depression?**

Feeling upset or sad is a normal part of life. But if you feel down most days and find it hard to cope, you could be experiencing depression. You may feel irritable and stressed and unable to stop mulling things over. You may feel guilty, worthless, frustrated, disappointed or lonely. You may wonder if you'll ever feel happy again. By seeking help and support, you'll discover you're not alone.

To find a mental health professional or GP in your area, visit [www.beyondblue.org.au/find-a-professional](http://www.beyondblue.org.au/find-a-professional) or phone the beyondblue Support Service on 1300 22 4636.

DOWNLOAD THIS BOOKLET: <http://resources.beyondblue.org.au/prism/file?token=BL/1060>

## **Pacifica app keeps anxiety in check**

Pacifica provides tools to help you manage stress, anxiety and depression within a supportive community. By questioning negative thoughts, you'll learn to change the way you perceive things, and in turn how you act. Mindfulness meditation techniques help you focus on the present rather than mull over the past or worry about the future. You can also track your mood, diet, sleep and exercise to spot patterns in how you feel and what helps you feel better.

<http://www.thinkpacifica.com/>

## **Sadness that won't go away**

Sadness is a common and natural emotion that can help us appreciate the good times. But sadness can cause great pain. Whatever the reason for your sadness, whether loss, disappointment or helplessness, your pain should ease over time. But if your sadness seems hard to explain and doesn't go away, you may be suffering from depression. This information on depression may be helpful.

<https://thiswayup.org.au/how-do-you-feel/sad/>

## **Overcoming tiredness**

Fatigue doesn't just affect older people, young people can suffer too. With so much to fit into your day, is it any wonder you feel tired? Poor sleep may be a factor, but diet, lack of exercise and possible health issues may also be causing you to feel run down. Here are nine ways to make sure you have the energy to do all the things you want to.

<https://www.webmd.com/balance/features/get-energy-back#1>

## **What is gratitude?**

Can you think of times when you've felt thankful towards a person or for a situation in your life? You can likely remember the good feeling you had, which we call 'gratitude'. When you're having a rough ride in life, feeling grateful for good things is often side-lined by negative feelings. But gratitude can boost your mood, bring you closer to people and help you get things in perspective. Find out more about the benefits of being grateful.

<https://au.reachout.com/articles/how-to-practice-gratitude>

## **Gratitude every day is good for you**

Feeling grateful is often spontaneous, but you can also make a special effort to be grateful every day. By telling someone how much they mean to you, thanking people who help you, or noticing and appreciating nature around you, you can feel happier and healthier. Check out the link below for a diary to keep track of all your grateful moments!

<http://griddiaryapp.com/en/>