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# Treating Sleep Deprived Adolescents

A Seminar for  
Educationalists & Parents



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IN COLLABORATION WITH:



[sleepshack.com.au](http://sleepshack.com.au)



[thesleepconnection.com.au](http://thesleepconnection.com.au)



## OVERVIEW

**Half day teen sleep education seminar aimed at teachers, counsellors, psychologists and parents.**

Adolescent sleep deprivation is increasingly common in our busy world, and carries many risks and consequences including:

- poor academic outcomes
- psychological problems
- reduced school attendance
- increases in risk taking behaviours

Educationalists and parents are well placed to detect sleep deprivation, but implementing specific management strategies is difficult, as teens are resistant to some components of sleep health treatment.

This seminar will teach you all you need to know about adolescent sleep, as well as showing you how to detect problems and implement practical assistance to your sleepy teens. By offering detailed treatment pathways, educationalists and parents will be empowered to help teens optimise their sleep.

Presented by Adolescent Sleep Psychologist Dr Amanda Gamble and Adolescent Sleep Physician, Dr Chris Seton from the Woolcock Institute of Medical Research.

# SEMINAR OUTLINE

## MODULE 1 - LEARNING ABOUT TEEN SLEEP

- The global perspective of sleep deprivation and the 24 hour society
- Sleep deprivation in Australian teenagers - where do we rank in the "Sleepy Olympics"?
- Adolescent sleep myths debunked
- A whole new world of terms explained - "Infomania", "FOMO", "Screenagers" and "Digital Detox"
- Classification of adolescent sleep problems
- How much sleep is enough?
- Late body clocks, social jetlag, and Melatonin
- The relationship between psychological problems and sleep deprivation
- Electronic screens and the four big reasons they destroy sleep
- The relationship between sleep and learning
- Short term and long term memory, and their relationship to sleep
- How sleepiness blocks out learning, resulting in "cognitive shutdown"
- Tired night time learning is slow and inefficient and thus delays bedtime
- The tipping point of late night learning and the gibberish language learning experiment

## MODULE 2 - PSYCHOLOGICAL ASPECTS

- The perfect storm of adolescent sleep
- How moods affect sleep
- How sleep affects moods
- Sleep educating teenagers - Is it effective?
- How to make teens think that sleep is cool
- Is motivation the first step?
- Adolescent bedrooms - a place of "conditioned arousal"
- The golden hour - how pre-bed activity can delay sleep
- The racing night time brain and toxic headspace
- Psychological strategies for sleep

## MODULE 3 - TREATING ADOLESCENT SLEEP DEPRIVATION

- How to recognise sleepy teenagers in the school environment
- What to do with a sleepy moody student
- The two red flags - a diagnostic tool for teachers to detect sleepiness
- Talking to parents: What to ask?
- Talking to parents: What to advise?
- Parent empowerment
- Teachers as treaters - helping to balance busy student lives
- Ongoing sleepiness and the role of online therapy via SleepShack
- Medical treatments and the Woolcock Adolescent Sleep Clinic
- "Ideal world" treatments - the arguments for later school starting times and "27 hour" days
- Question and answer session



## VENUE, TIME AND COST

Regular seminars are held at Woolcock Institute of Medical Research in Glebe. The dates, availability and booking details are on our website ([woolcock.org.au](http://woolcock.org.au)). Cost is \$120 per person (inclusive of morning/afternoon tea and GST). Alternatively, in school seminars can be arranged for individual schools. Timing is dependent on the availability of presenters. Cost is \$2,800 inclusive of GST (Sydney Metropolitan). Please note additional travel and accommodation costs might apply outside Sydney Metropolitan. There is no attendance number limitation for in school seminars.

