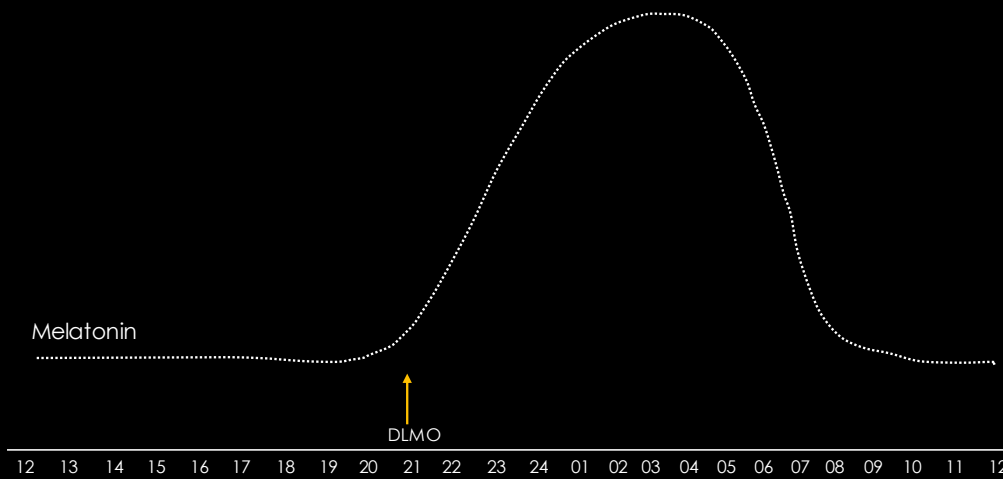
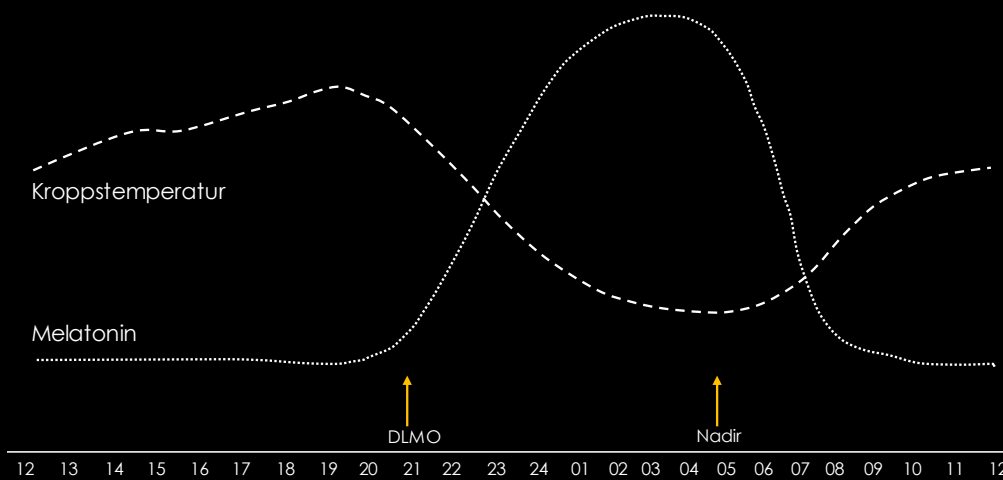




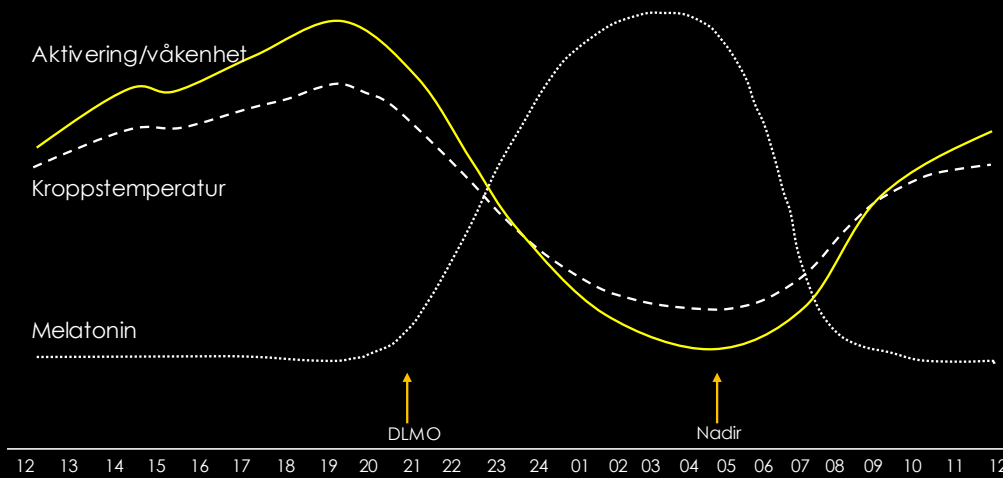
Cirkadiane rytmer (døgnrytmer)



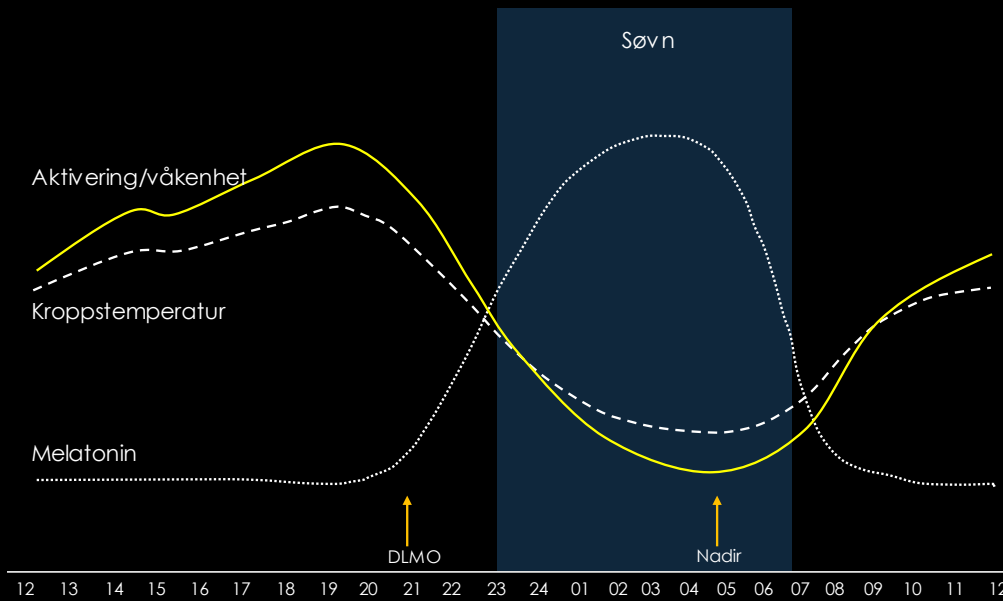
Cirkadiane rytmer (døgnrytmer)



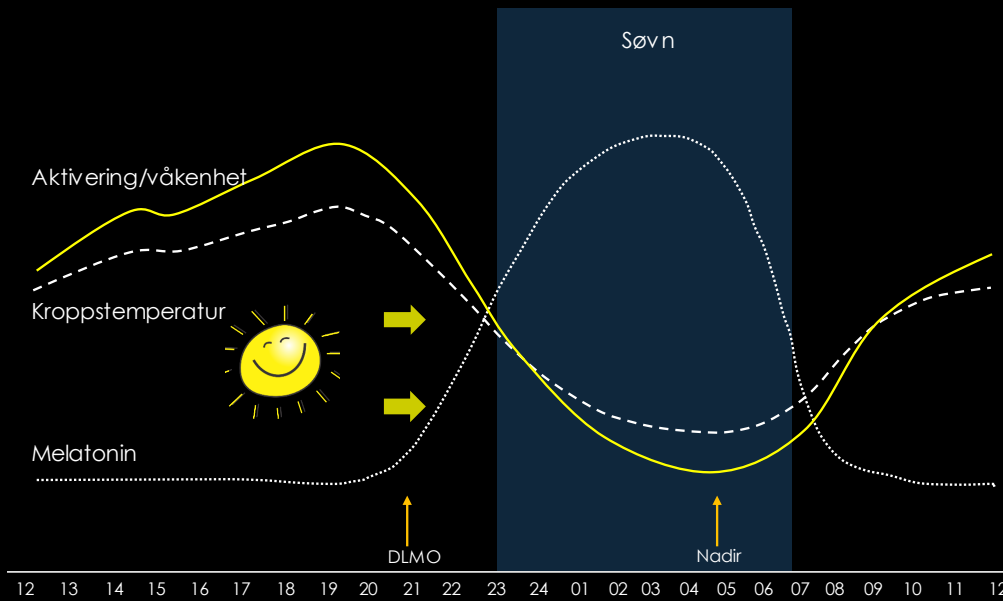
Cirkadiane rytmer (døgnrytmer)



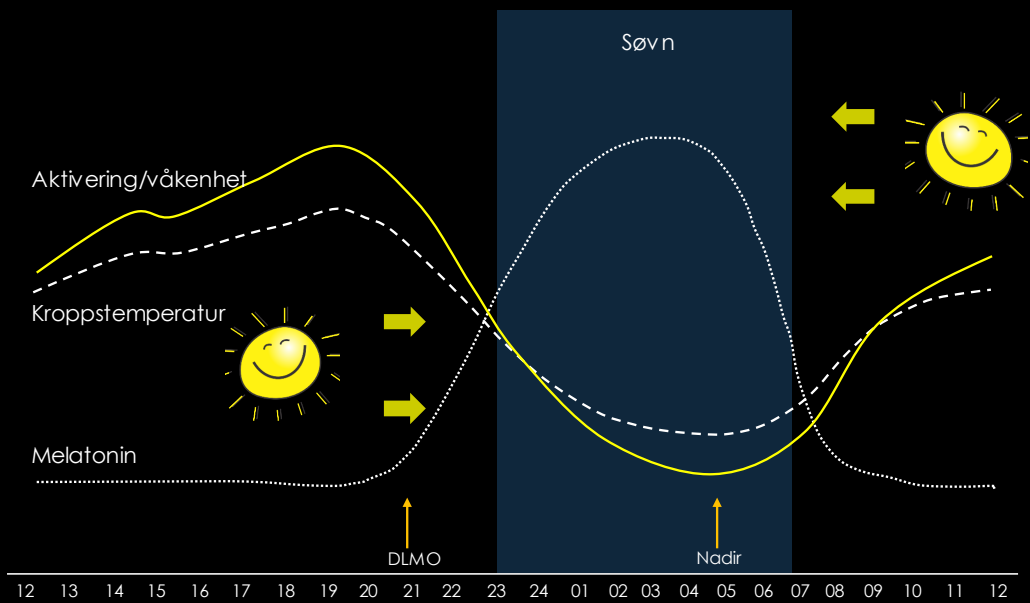
Cirkadiane rytmer (døgnrytmer)



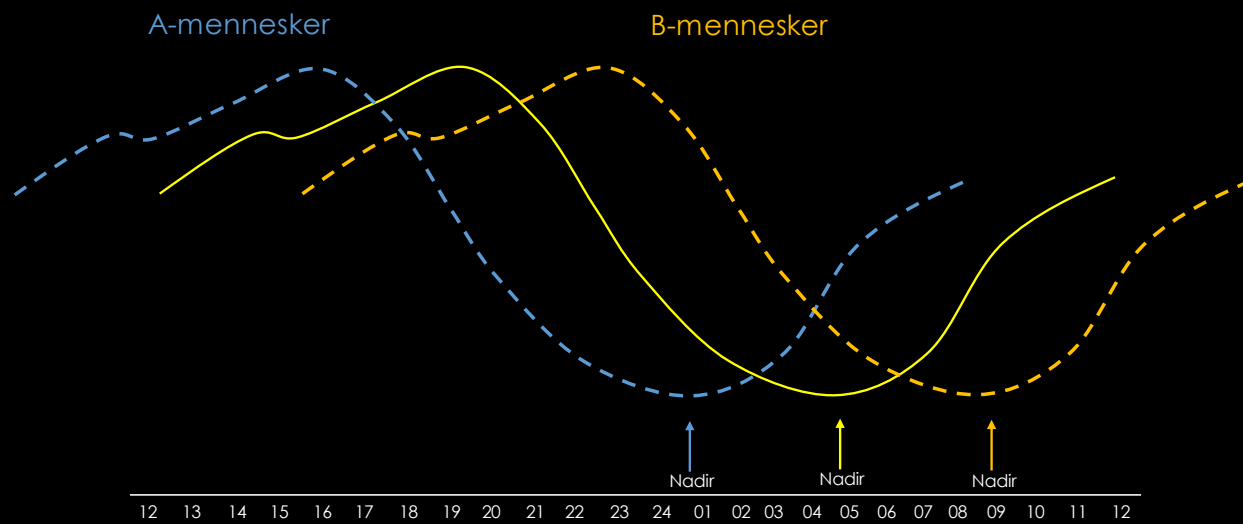
Cirkadiane rytmer (døgnrytmer)



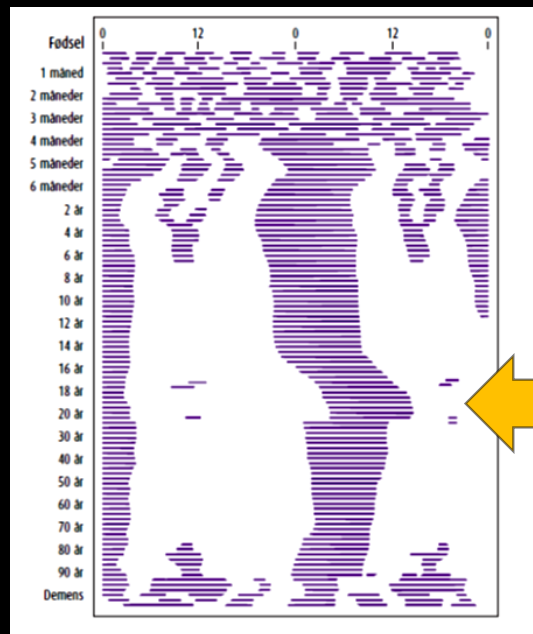
Cirkadiane rytmer (døgnrytmer)



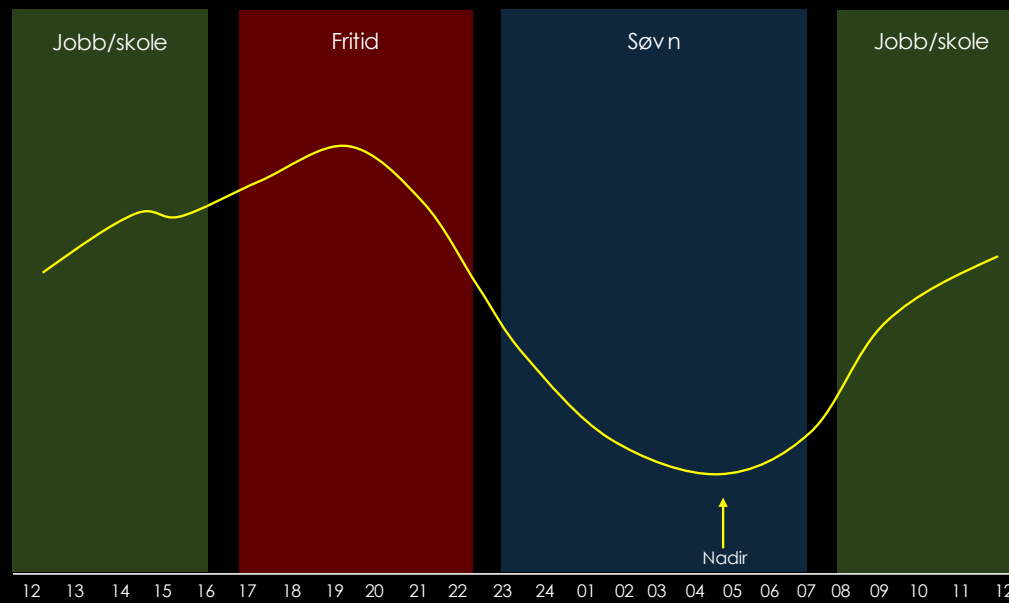
Døgnrytmepreferanse



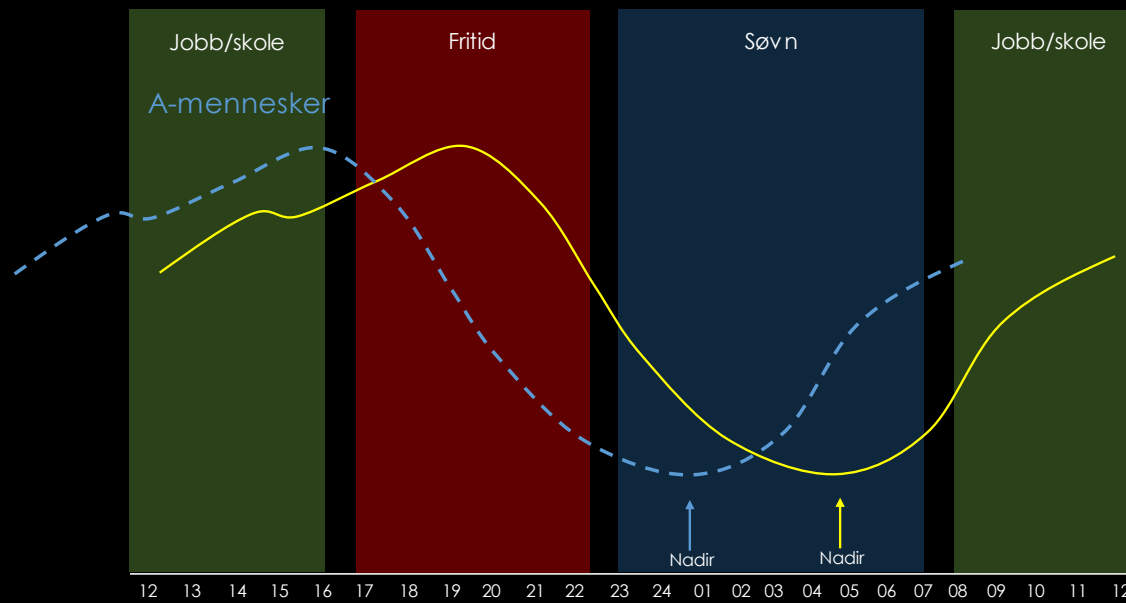
Søvn gjennom livet



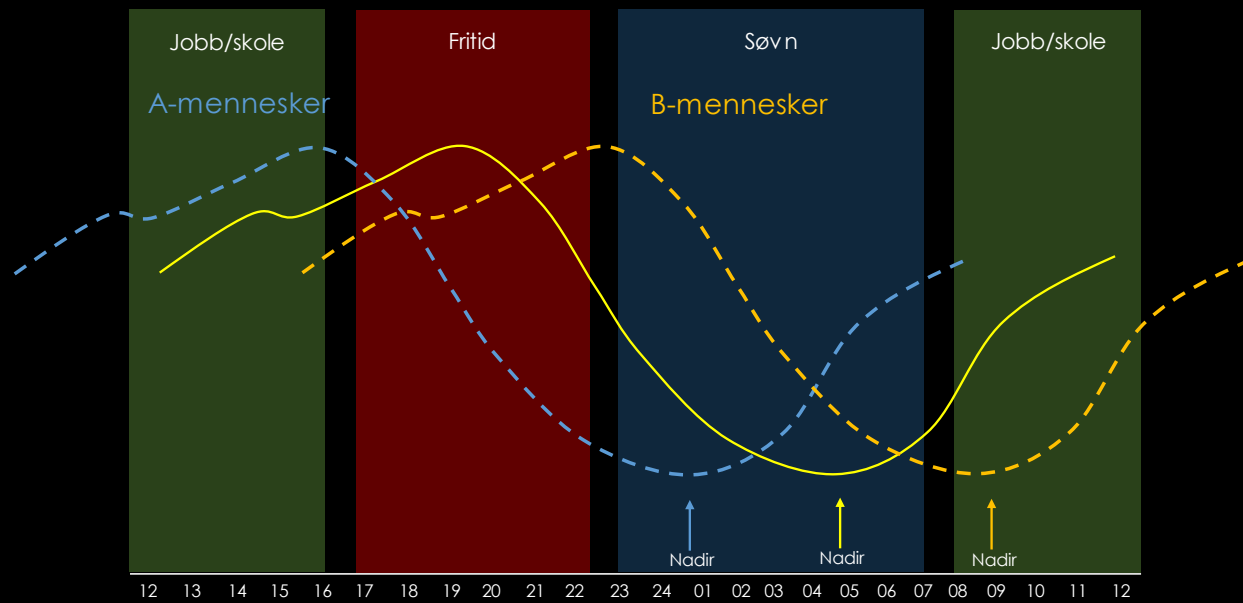
Døgnrytmer og samfunnsrytmer



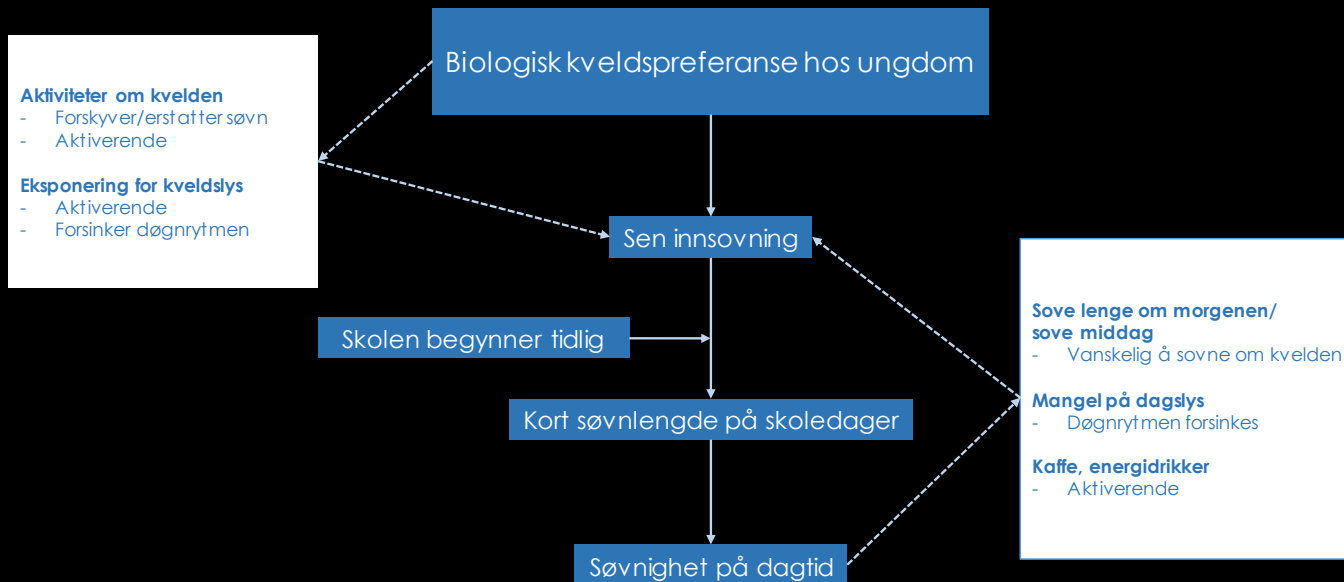
Døgnrytmer og samfunnsrytmer



Døgnrytmer og samfunnsrytmer



Vond sirkel



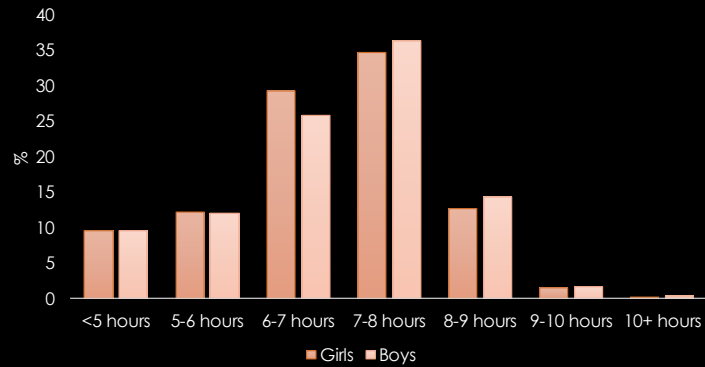
Hvor mye søvn trenger ungdommer?



Hvor mye sover norske ungdommer?

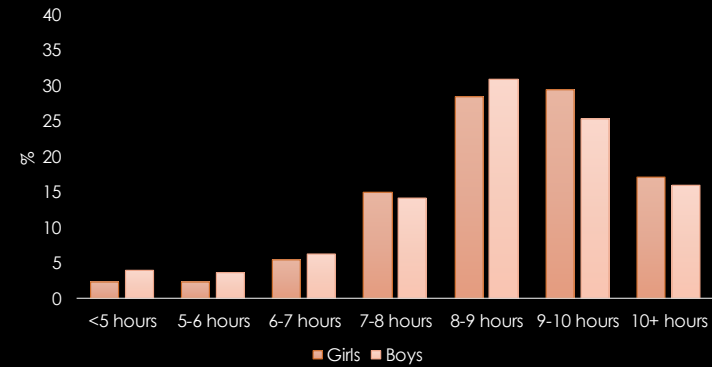
Skoledager

- Søvn lengde **06:43 ± 87** minutter
- 84.8 % sov mindre enn 8 timer



Fridager

- Søvn lengde **08:38 ± 98** minutter
- 26.3 % sov mindre enn 8 timer



Saxvig et al., 2021

Hvorfor er det viktig å sove nok?

Adolescents who do not get enough sleep are more likely to



be overweight



not get enough physical activity



suffer from depressive symptoms



engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs



perform poorly in school

For more information: www.cdc.gov

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



Hvordan kan ungdom få mer søvn?

1. Endre ungdommers søvnmønster
2. Endre samfunnets krav

Hvordan kan ungdom få mer søvn?

1. Endre ungdommers søvnmønster



THE THREE PILLARS OF HEALTH



NUTRITION



SLEEP



EXERCISE

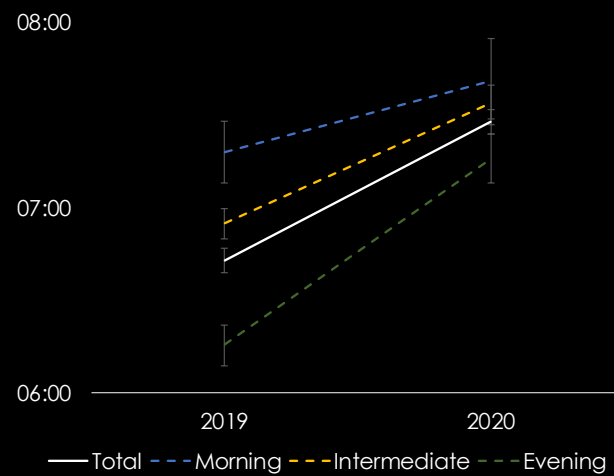
Sleep is a basic human need and is crucial to our overall health and well-being.

Hvordan kan ungdom få mer søvn?

2. Endre samfunnets krav



Søvn under korona-nedstengingen



2019:

- Søvn lengde skoledager: 06:43 ± 87 minutter
- 13,4% sov 8+ timer

2020:

- Søvn lengde skoledager: 07:28 ± 98 minutter
- 37,5% sov 8+ timer

Søvnråd for ungdom

- Stå opp til noenlunde samme tid hver dag, også i helger (max 2 timer seinere enn hverdager)
- Sørg for lys på dagtid, unngå lys på kveldstid
- Ikke sov middag (dersom du likevel sover, max 20 minutter)
- Ikke drikk koffeinholdige drikker på ettermiddagen (ikke etter klokken 17)
- Ikke ha mobiltelefonen med deg i sengen

