

REASONS FOR SLEEPING DIFFICULTIES AS PERCEIVED BY ADOLESCENTS

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AIM

The aim was to describe reasons for sleeping difficulties as perceived by adolescents.

STRESS

"...I am constantly stressed, sleep very badly, and I am never fully rested. Soon I break down. There are no improvements..."

EXISTENTIAL THOUGHTS

"...it is like voices in my head that make me cry. Sometimes I get no hours of sleep because I can never find peace. I am never satisfied with myself, nor are my parents and my friends..."

TECHNOLOGY USE

"...I think it can be difficult to sleep because you have to be social on social media..."

NEEDS

"...if you eat too much food during the evening it will be difficult to fall asleep..."

POOR SLEEP HABITS

"...I have not created any routines regarding sleep; therefore, I often reverse day and night and stay up..."

SUFFERING

"...my mother is eating herself to death, I know she wants to kill herself..."



BACKGROUND

Sleeping difficulties are growing among adolescents' worldwide. Research shows relationships between sleeping difficulties and reduced learning ability, memory impairment, hyperactivity, poorer school performance, lower grades, and increased risk of depression and anxiety. Sleep is a health aspect related to the ability to accommodate school education and falls within the context of school health services. To develop and implement health promotion about sleep, additional knowledge is required, especially knowledge based on adolescents' own perceptions.

METHODS

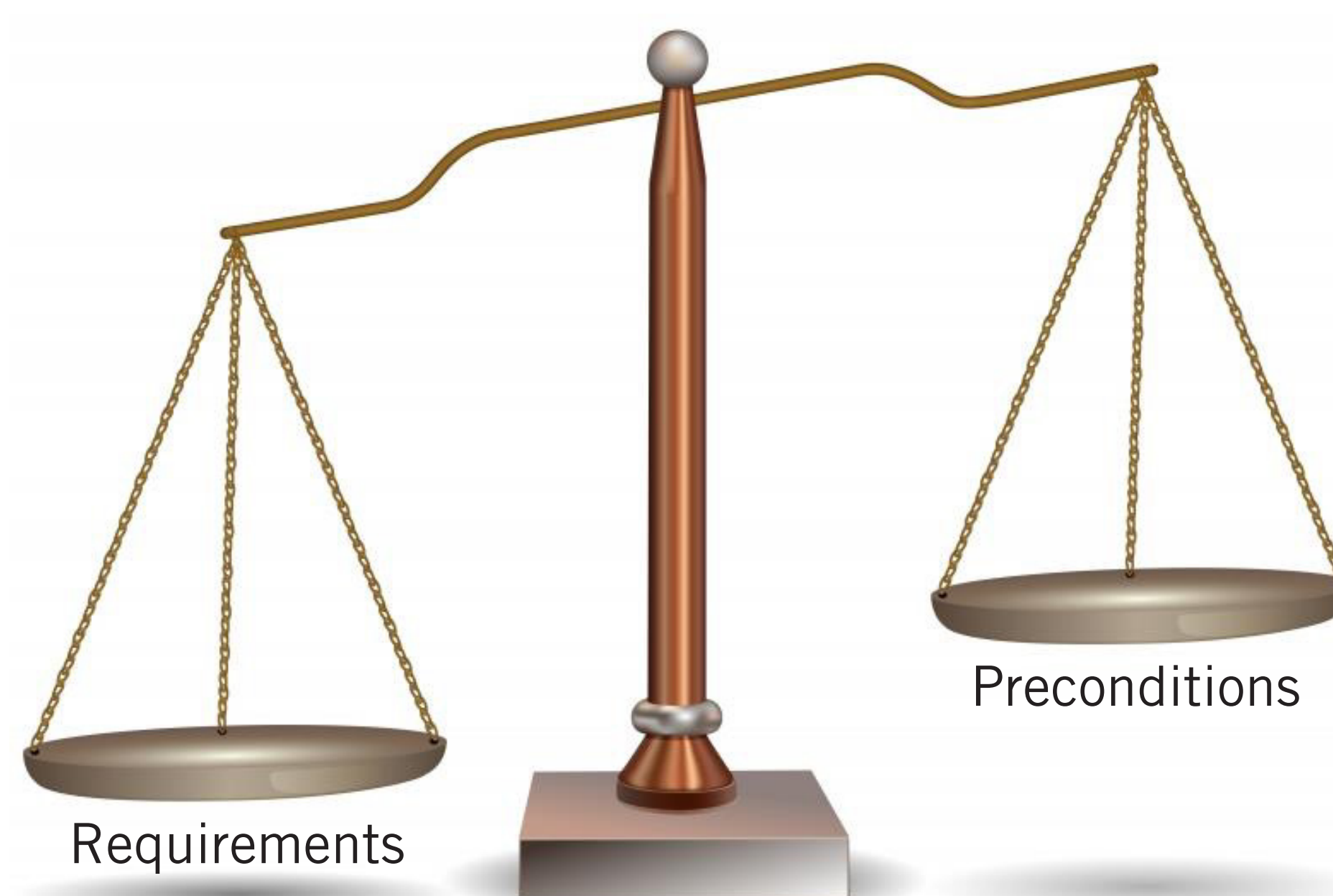
The design was descriptive, a survey research approach, with an open ended question. Data were analyzed using qualitative and quantitative content analysis. The participants consisted of $n = 475$ adolescents in grade nine (15-16 year), in a Swedish city.

RESULTS

The adolescents' reasons for sleep difficulties can, at a thematic level, be understood as an imbalance between requirements and preconditions. Six main categories constitute the reasons for adolescents sleeping difficulties. The most common category was stress followed by technology use, poor sleep habits, existential thoughts, needs and suffering.

CONCLUSIONS

Adolescents may need support to find a functional balance in everyday life to deal with stress, technology use, non existent sleeping habits, existential thoughts, needs, and various forms of suffering. Support is certainly needed from their parents, adolescents' also need support from the school nurse and school health services.



Imbalance between requirements and preconditions



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