

SLEEP

In FWB, young people did not sleep enough and had difficulty to sleep more frequently than most of European young people. The proportion of young people who felt tired in the morning before going to school increased since 1994.

Sleep plays a major role in physiological, cognitive and psychological development throughout childhood and adolescence. At the same time, morning fatigue is a symptom commonly associated with adolescence, a time when young people are faced with many physical and psychological changes. Even if sleep requirements can vary from one individual to the next, morning fatigue remains an indicator of inadequate sleep duration or quality.

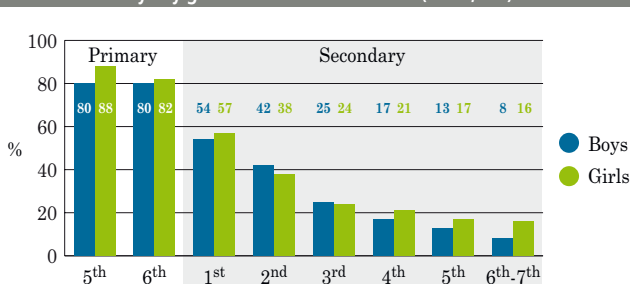
NUMBER OF HOURS OF SLEEP

For the first time in 2014, questions about when young people went to bed and got up were included in the survey. According to the answers to these two questions, the number of hours of sleep* per night have been estimated**.

The majority of young people (62%) slept between 7-9 hours a night on school days. One in four young people (26%) slept more than 9 hours and around one in eight young people (12%) fewer than 7 hours.

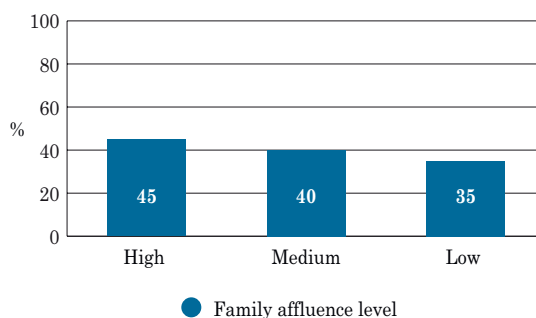
The proportion of young people reporting that they slept at least 9 hours per night during the weekdays decreased as the academic level increased. This decrease was particularly steep during the transition between primary and secondary. In the 5th year of primary school, girls reported that they slept at least 9 hours more often than boys. This gap between girls and boys then disappeared until the 4th year of secondary school, when once again the proportion of young people who slept at least 9 hours was higher among girls. 1

1 % of young people sleeping at least 9 hours per night during the weekdays by gender and academic level (n=13,773)



The family affluence level was associated with sleep duration: the proportion of young people who slept at least 9 hours per night declined with the family affluence level. 2

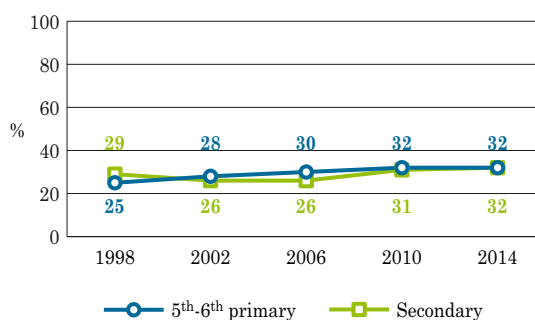
2 % of young people sleeping at least 9 hours per night during the weekdays, by family affluence level (n=12,990)



DIFFICULTIES TO SLEEP

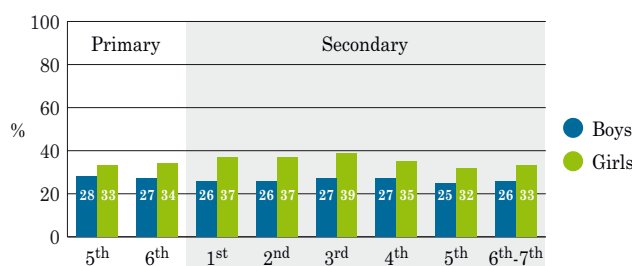
In 2014, nearly one in three young people (31%) reported difficulties to sleep "more than once a week" in the last 6 months. This proportion remained stable since 2006 among pupils in the 5th-6th years of primary school. In secondary school, the proportion seen in 2014 was stable compared to 2010 but was higher compared to previous surveys. 3

3 % of young people who had difficulties to sleep more than once a week, by survey year



The proportion of young people facing difficulties to sleep was not associated with the academic level but it was higher among girls. This gender gap was observed as early as in the 5th year of primary school and increased during the first 3 years of secondary school. 4

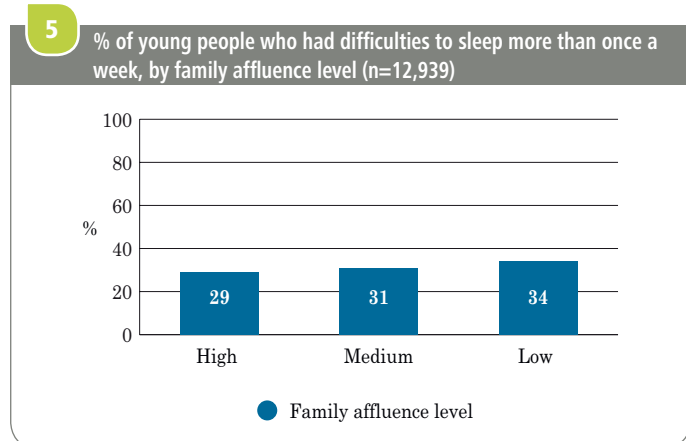
4 % of young people who had difficulties to sleep more than once a week, by gender and academic level (n=13,727)



* The number of hours of sleep corresponded to the number of hours between when young people went to bed and got up. This assessment was nevertheless limited inasmuch as the number of hours spent in bed did not necessarily correspond to the number of hours of actual sleep.

**International HBSC data were not yet available for this indicator. Therefore, it was not possible to compare the situation for young people in FWB with their counterparts.

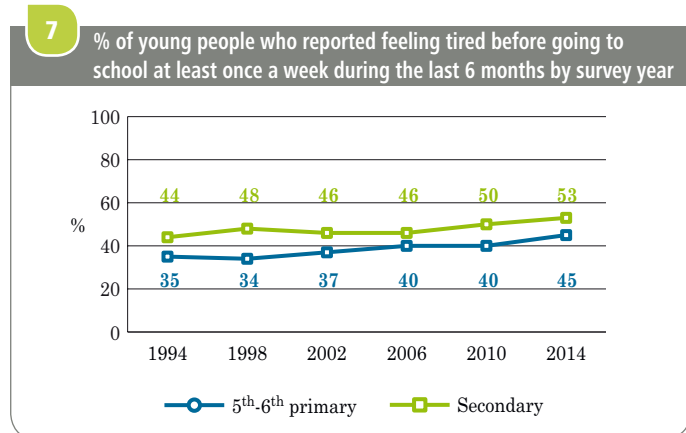
Young people reported difficulties to sleep more frequently when the family affluence level decreased. **5**



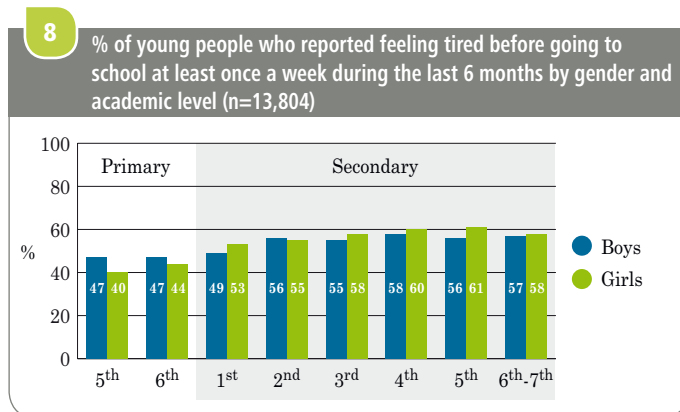
MORNING FATIGUE

In 2014, only 9% of young people reported that they rarely or never felt tired in the morning before going to school. Around one in three young people (37%) reported that they felt tired from time to time, one in seven young people (15%), between 1 and 3 times per week and four out of ten young people, at least 4 times a week.

In 2014, the proportion of young people who reported feeling tired before going to school at least once a week among pupils in the 5th-6th years of primary school was the highest compared to previous surveys. In secondary school, this proportion was stable compared to 2010 but remained higher compared to previous surveys. **7**



Overall, the proportion of young people who reported feeling tired before going to school at least once a week did not vary between boys and girls. It increased between the 5th year of primary school and the 4th year of secondary school. In the 5th year of primary school, boys reported more often than girls that they felt tired before going to school at least once a week. **8**



Unlike sleep duration and difficulties to sleep, the proportion of young people reporting feeling tired before going to school was not associated with the family affluence level. **9**

