



VAPING AND SMOKING

Vaping and smoking are becoming more common, particularly in older children and teenagers. While they may be seen as a way to relax, both can have a significant impact on sleep.

How Vaping and Smoking Affect Sleep

- Nicotine keeps the brain alert: Both cigarettes and many vapes contain nicotine, a stimulant that makes it harder to switch off and fall asleep
- Delays falling asleep: Using nicotine in the evening can push back when your child feels sleepy, leading to later bedtimes
- Lighter, disrupted sleep: Nicotine reduces deep, restorative sleep, meaning your child may wake more often or feel less rested
- Night-time waking or cravings: Regular nicotine use can lead to withdrawal overnight, causing restlessness or waking
- Disrupts the body clock: Irregular use, especially late at night, can interfere with natural sleep-wake patterns
- Breathing and health effects: Smoking, in particular, can irritate the airways and impact breathing, which may further disrupt sleep quality





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WHY THIS MATTERS

Poor sleep can affect:

- Mood and emotional regulation
- Concentration and learning
- Behaviour and energy levels
- Overall health and wellbeing

WHAT TO LOOK OUT FOR

- Difficulty falling asleep
- Staying up later than usual
- Night waking
- Feeling tired despite enough time in bed
- Increased irritability or low mood



SUPPORTING BETTER SLEEP

- Encourage a wind-down period without nicotine or screens: Aim to avoid both at least an hour before bedtime
- Keep a consistent sleep routine: Regular bedtimes and wake-up times support the body clock
- Have open, non-judgemental conversations: Help your child understand how vaping or smoking may be affecting their sleep
- Support gradual reduction: Cutting down nicotine use can improve both sleep and overall wellbeing

