

## **TEXTO**

### **Teen depression 'linked to sleep'**

Going to bed earlier protects teenagers against depression and suicidal thoughts, research suggests. A US study of 12 to 18-year-olds found those with bedtimes after midnight were 24% more likely to have depression than those who went to bed before 2200.

And those who slept fewer than five hours a night had a 71% higher risk of depression than those who slept eight hours, the journal *Sleep* reports.

It is estimated 80,000 UK children and young people have depression.

The researchers from Columbia University Medical Center in New York looked at data from 15,500 teenagers collected in the 1990s.

One in 15 of those studied were found to have depression.

As well as the higher risk of depression, those who were set a bedtime by their parents of after midnight were 20% more likely to think about suicide than those whose bedtime was 2200 or earlier.

Those who had less than five hours sleep a night were thought to have a 48% higher risk of suicidal thoughts compared with those who had eight hours of sleep.

Teenagers who reported they "usually get enough sleep" were 65% less likely to be depressed.

Depression and suicidal thoughts were also more likely in girls, older teenagers and in those who had a lower self-perception of how much parents care about them.

Most of the parents of the adolescents in the study set a bedtime of 2200 or earlier.

A quarter set a bedtime of 2400 or later.

On average the teenagers were having seven hours and 53 minutes sleep a night - less than the nine hours recommended at that age.

Study leader Dr James Gangwisch said although it is possible that youngsters with depression struggle to sleep, the fact that parental set bedtimes were linked with depression suggests that a lack of sleep is somehow underpinning the development of the condition.

He said a lack of sleep could affect emotional brain responses and lead to moodiness that hindered the ability to cope with daily stresses.

This moodiness could affect judgment, concentration and impulse control.

### **Regular exercise**

"Adequate quality sleep could therefore be a preventative measure against depression and a treatment for depression," he added.

Sarah Brennan, chief executive at the mental health charity YoungMinds, said: "Enough sleep, good food and regular exercise and all essential to stay emotionally healthy.

"Nearly 80,000 children and young people suffer with depression, yet we are still failing to provide our young people with the help and support to cope with it and prevent it.

"Providing parents with information about how to look after your body, for example by getting enough sleep, and how to get help if they are worried about their teenager, will ensure problems are tackled early and prevent serious mental health conditions such as depression."

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## **Tradução Livre No. 576**

### **Teen depression 'linked to sleep'**

#### **Depressão de jovens ligada com sono**

Going to bed earlier protects teenagers against depression and suicidal thoughts, research suggests.  
Ir para a cama mais cedo protege os adolescentes contra depressão e pensamentos de suicídio, sugere a pesquisa.

A US study of 12 to 18-year-olds found those with bedtimes after midnight were 24% more likely to have depression than those who went to bed before 2200.

Um estudo Americano com pessoas de 12 a 18 anos encontrou aqueles com dormir após a meia-noite eram 24% mais aptos a ter depressão do que aqueles com hora de dormir antes das 22 horas.

And those who slept fewer than five hours a night had a 71% higher risk of depression than those who slept eight hours, the journal Sleep reports.

E aqueles que dormiram menos do que cinco horas por noite têm 71% maior de risco de depressão do que aqueles que dormiram oito horas, relata o periódico Sleep.

It is estimated 80,000 UK children and young people have depression.

Estima-se que 80.000 crianças e pessoas jovens da Grã-Bretanha têm depressão.

The researchers from Columbia University Medical Center in New York looked at data from 15,500 teenagers collected in the 1990s.

Os pesquisadores da Columbia University Medical Center em Nova Iorque observaram dados coletados de 15.500 adolescentes nos anos 90.

One in 15 of those studied were found to have depression.

Um em cada quinze daqueles estudados foram encontrados com depressão.

As well as the higher risk of depression, those who were set a bedtime by their parents of after midnight were 20% more likely to think about suicide than those whose bedtime was 2200 or earlier.

Bem como o alto risco de depressão, aqueles que foram colocados na cama pelos seus pais após a meia-noite eram 20% mais aptos em pensar sobre suicídio do que aqueles foram para cama às 22 horas ou mais cedo.

Those who had less than five hours sleep a night were thought to have a 48% higher risk of suicidal thoughts compared with those who had eight hours of sleep.

Aqueles que tinham menos do que cinco horas de sono por noite foram pensados para ter 48% mais risco de pensamentos de suicídio comparados com aqueles que tinham oito horas de sono.

Teenagers who reported they "usually get enough sleep" were 65% less likely to be depressed.

Adolescentes que relataram que eles "geralmente tinham sono suficiente" foram 65% menos aptos para ser depressivos.

Depression and suicidal thoughts were also more likely in girls, older teenagers and in those who had a lower self-perception of how much parents care about them.

Depressão e pensamentos de suicídio foram mais prováveis em garotas, adolescentes mais velhos e naqueles que tinham menos percepção própria do quanto os pais se preocupavam com eles.

Most of the parents of the adolescents in the study set a bedtime of 2200 or earlier.

A quarter set a bedtime of 2400 or later.

Muitos dos pais dos adolescentes do estudo os colocavam na cama às 22 horas ou mais cedo. Um quarto dos pais colocava-os na cama às 24 horas ou mais tarde.

On average the teenagers were having seven hours and 53 minutes sleep a night - less than the nine hours recommended at that age.

Na média dos adolescentes, eles tinham tido sete horas e 53 minutos de sono por noite – menos do que as nove horas recomendadas para a idade.

Study leader Dr James Gangwisch said although it it was possible that youngsters with depression struggle to sleep, the fact that parental set bedtimes were linked with depression suggests that a lack of sleep is somehow underpinning the development of the condition.

O Dr. James Gangwisch, líder do estudo, disse que embora fosse possível que os jovens com depressão se esforçassem para dormir, a falta que os pais colocassem hora para dormir era ligada com depressão e sugere que a falta de sono é de qualquer modo justificava para o desenvolvimento da condição.

He said a lack of sleep could affect emotional brain responses and lead to moodiness that hindered the ability to cope with daily stresses.

Ele disse que a falta de sono poderia afetar a parte emocional do cérebro e levar ao mau humor que impediria a habilidade para lutar com o estresse diário.

This moodiness could affect judgment, concentration and impulse control.

Este mau humor poderia afetar o julgamento, a concentração e o controle impulsivo.

## **Regular exercise**

### **Exercício Regular**

"Adequate quality sleep could therefore be a preventative measure against depression and a treatment for depression," he added.

“A qualidade de sono adequada poderia então ser uma medida preventiva contra a depressão e um tratamento para a depressão”, ele acrescentou.

Sarah Brennan, chief executive at the mental health charity YoungMinds, said: "Enough sleep, good food and regular exercise and all essential to stay emotionally healthy.

Sara Brennan, chefe executiva de saúde mental da instituição YoungMinds, disse: “Sono suficiente, boa alimentação e exercício regular e todo o essencial para permanecer emocionalmente saudável”.

"Nearly 80,000 children and young people suffer with depression, yet we are still failing to provide our young people with the help and support to cope with it and prevent it.

“Aproximadamente 80.000 crianças e pessoas jovens sofrem com depressão, nós estamos ainda falhando para prover nossas pessoas jovens com a ajuda e suporte para lutar com ela e preveni-la”.

"Providing parents with information about how to look after your body, for example by getting

enough sleep, and how to get help if they are worried about their teenager, will ensure problems are tackled early and prevent serious mental health conditions such as depression."

“Provendo os pais com informação sobre como observar seu corpo, por exemplo, tendo sono suficiente, e como ajudar se eles estão preocupados sobre seus adolescentes, asseguraremos que os problemas serão resolvidos mais cedo e prevenir sérias condições mentais como a depressão”.