

Sleep Tips for Teens



9.5 hours

Research shows that most teens need more than 9 hours of sleep per night. Any less than nine hours could affect your mood, thinking, and driving.

Stick to consistent times

Going to bed and waking up at the same time everyday conditions your body to fall asleep (or wake up) at those times. Yes, this means staying consistent on the weekends too.



Ditch your devices

Research shows that the light from screens before bed messes with your brain's ability to sleep. Try to leave your devices in another room well before bedtime and throughout the night, so you're not tempted to use them.



Create the right conditions

People sleep better when it's dark, cool, and quiet. Consider using curtains or an eye mask to keep it dark. You can use ear plugs or "white noise" to deal with noises. Relax by avoiding bright lights and exercise right before bed.



Your bed is for sleeping

If you can, avoid doing stressful activities in your bedroom (especially on your bed). This keeps the stress of daily activities out of your sleeping space.



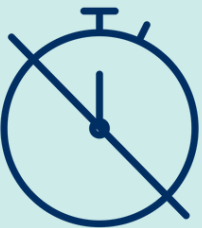
Avoid substances

Substances like caffeine, smoking, alcohol, and drugs lead to worse sleep quality. They may also cause you to wake up in the middle of the night.



Don't watch the clock

If you watch the clock and worry about falling asleep, chances are you will feel anxious and less sleepy. Tell yourself that losing an hour or two of sleep never hurt anyone.



Don't TRY to sleep

The more you try, the harder it is. Instead do something calming, like slow breathing, meditation, or imagining a calming place. If you've been awake for more than 20 minutes - try doing something boring in dim light until you feel sleepy.



No napping



Naps (especially after 3pm) can affect your internal clock's ability to recognize that it's bedtime. Many teens also find that they wake up from naps with less energy and motivation than before.

Find rituals

Find a few calming things you can do every night to remind your body that it is time for bed. Some examples could be deep breathing, stretching, or drinking a glass of warm milk/decaf tea.



Stick to the plan



If you do have a crummy night's sleep, stick to your normal routine. Sleeping in, skipping activities, or napping usually make the problem worse.

Eat healthy and exercise

Eating healthy foods, getting exercise and going outdoors during the day can help your body maintain a good rhythm. However, avoid intense exercise in the late evening or it may keep you up.



If you wanted to improve your sleep, what things would you do differently this week?

What could get in the way of making these changes? How could you handle that?

TRACK YOUR RESULTS:

Date	/	/	/	/	/	/	/
How did you do it?							
What did you notice?							