Healthy Sleep Tips



Teenagers need about 9 hours of sleep a night. Not getting enough sleep can impact your mood, your ability to focus, and your ability to do school. Here are some tips to increase how much sleep you are getting:

* One of the best ways to train your body to sleep is to go to bed and get up at the same time every day (including non-school days).
* Develop a 30 to 60 minute “bedtime routine” that you do every night.

As part of this routine, avoid screens!

* Take a hot shower or bath about an hour before bed. The water will raise your body temperature and you will feel drowsy when your temperature drops.
* When you are ready to go to sleep, make your room dark, quiet, and comfortable. A cooler environment (lower than 75 degrees) with warm blankets is best.
* Don’t go to bed hungry; but don’t eat a big meal before bed either.
* If you haven’t been able to get to sleep after 20 minutes, get up and do something calming (like reading a book or listening to music).

o Don’t play with your phone or watch TV!

* Avoid caffeine for at least 4 to 6 hours before bed.
* Only use your bed for sleeping. If you watch TV, read, or do homework in your bed, your body will not learn the connection between your bed and sleeping.
* If you can, try to avoid naps. If you have to nap, take one 20-minute nap before 4pm. Naps longer than 20 minutes will make it harder for you to sleep at night.
* Exercise regularly, but not in the 4 hours before bedtime