

# SLEEP TIPS FOR ADOLESCENTS

THE FOLLOWING RECOMMENDATIONS WILL HELP YOU GET THE BEST SLEEP POSSIBLE AND MAKE IT EASIER FOR YOU TO FALL ASLEEP & STAY ASLEEP.

## SLEEP SCHEDULE

WAKE UP AND GO TO BED AT THE SAME TIME ON SCHOOL & NON-SCHOOL NIGHTS.

BEDTIME & WAKE TIME SHOULD NOT DIFFER FROM ONE DAY TO THE NEXT BY MORE THAN AN HOUR OR SO.

## BEDTIME (2 HRS PRIOR TO BEDTIME)

MAKE THE 2 HOURS BEFORE BEDTIME A QUIET, WIND-DOWN TIME. RELAXING, CALM, ENJOYABLE, ACTIVITIES, SUCH AS READING A BOOK OR LISTENING TO SOOTHING MUSIC, HELP YOUR BODY AND MIND SLOW DOWN ENOUGH TO LET YOU SLEEP. DO NOT WATCH TV, USE THE COMPUTER OR PLAY VIDEO GAMES (THESE ITEMS SHOULD BE REMOVED FROM THE BEDROOM).

## BED

USE YOUR BED ONLY FOR SLEEPING. DON'T STUDY, READ, OR LISTEN TO MUSIC ON YOUR BED.

## NAPS

DO NOT NAP. IF YOU NAP, YOU WILL HAVE A DIFFICULT TIME FALLING ASLEEP AT BEDTIME.

## SNACK

EAT REGULAR MEALS & DON'T GO TO BED HUNGRY. A LIGHT SNACK BEFORE BED IS A GOOD IDEA; EATING A FULL MEAL IN THE HOUR BEFORE BED MAY AFFECT SLEEP.

## WEEKENDS

DON'T USE THE WEEKENDS TO "CATCH UP ON SLEEP". THIS MAKES IT MORE LIKELY THAT YOU WILL HAVE PROBLEMS FALLING ASLEEP AT BEDTIME.

## CAFFEINE

AVOID EATING OR DRINKING PRODUCTS CONTAINING CAFFEINE IN THE AFTERNOON. THESE INCLUDE CAFFEINATED SODAS, COFFEE, TEA, CHOCOLATE, AND ENERGY DRINKS

## BEDROOM

MAKE SURE YOUR BEDROOM IS COMFORTABLE, QUIET AND DARK. ALSO MAKE SURE THAT IT IS NOT TOO WARM AT NIGHT, AS SLEEPING IN A ROOM WARMER THAN 75° WILL MAKE IT HARD TO SLEEP.

## EXERCISE

EXERCISE REGULARLY. EXERCISING MAY HELP YOU FALL ASLEEP AND SLEEP MORE DEEPLY.

## SUNLIGHT

SPEND TIME OUTSIDE EVERY DAY, ESPECIALLY IN THE MORNING, AS EXPOSURE TO SUNLIGHT, OR BRIGHT LIGHT HELPS TO KEEP YOUR BODY'S INTERNAL CLOCK ON TRACK.

## ALCOHOL

INGESTION OF ALCOHOL DISRUPTS SLEEP AND MAY CAUSE YOU TO AWAKEN THROUGHOUT THE NIGHT.