Sleep Tips for Teenagers

TOP TIPS

**A minimum of 8 to 9 hours good sleep on school nights is recommended for teens.
Here's how to make sure you are getting enough sleep to stay healthy and do well at school.**

Limit screens in the bedroom

If possible, don't have a mobile, tablet, TV or computer in your bedroom at night, as the light from the screen interferes with sleep.

Having screens in the bedroom also means you are more likely to stay up late interacting with friends on social media.

Try to have at least 30 minutes of screen-free time before going to sleep.

Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health.

Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns, too.

Cut out the caffeine

Drink less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed.

Too much caffeine can stop you from falling asleep and reduce the amount of deep sleep you have.

Don't binge before bedtime

Remember that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Have a good routine

Try to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep.

Some suggestions are:

- A warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- Relaxation exercises, such as light yoga stretches, help to relax the muscles. Don't exercise vigorously, as it will have the opposite effect.
- Relaxation tracks work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you.
- Reading a book or listening to the radio relaxes the mind by distracting it.

Create a sleep-friendly bedroom

Ensure your bedroom has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable.

It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

Talk through any problems

Talk to someone about anything you are worried about. This will help to put your problems into perspective so that you can sleep better.

Avoid long weekend lie-ins

Do not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.

Source: www.nhs.uk