# Media Balance & Well-Being

Digital citizenship: thinking critically and using technology responsibly to learn, create, and participate

**MEDIA BALANCE & WELL-BEING**

*We find balance in our digital lives.*

## Instructions

It's important that we use media in a way that lets us get enough sleep. Use the In Balance with Bedtime checklist to make sure your family's media use lets everyone get the sleep they need. Get one or more family members together to help. Read the setup before doing the activity together!

## Setup

**Read aloud**: When it's time to go to bed, sometimes we want to play one more game, send one more text, or write one more email, but we need to use media in the right balance with the activities that keep us healthy—like sleeping. Research shows that not getting enough sleep affects not only our physical health but also our emotions and how well we work. Using the checklist can help us see if we're taking steps to make sure our devices don't steal our sleep!

## Activity

**Read aloud**: Let's go through the checklist together and put a check mark next to the statements that are true for our family. Then we can decide whether we want to adjust how we use devices around bedtime.

In Balance with Bedtime checklist:

❏    We try to get a full night's sleep (around eight hours) even when we have lots of text, email, or social media notifications.

❏    We use an app or device settings to avoid blue light if we're using a device right before bedtime.

❏    We stop using devices about an hour before bedtime.

❏    We keep devices out of the bedroom and/or shut them off at bedtime.

❏    We use device settings or parental controls to shut off devices at bedtime.

Were you able to put a check mark by any of the statements? Talk about the results together: Do you think your media habits are in balance around sleep? Decide whether you want to make changes as a family since you're all on the same team—and you all need sleep!

Learn more ways to find balance in your digital lives at **commonsensemedia.org**!

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