

# Recommendations for Sleep & Technology Use



Middle and High School are important times in the lives of adolescents. These years are filled with excitement & the beginnings of more independence from parents. While students may begin to be more adept at planning ahead and considering consequences as they get older, they are still vulnerable to impulsive decision making and peer pressure. By helping your children to make healthy choices around sleep and technology use, you can help to safeguard them from some academic, social, health, and mental health challenges that they may face.



## Sleep



Teens should aim for **8 to 10 hours of sleep per night**. This amount of sleep is crucial for their physical and emotional health, helping with attention, memory, analytical thought, and promoting healthy decision making.

There are many challenges to getting a good night's sleep. Two things that create barriers for teens are their changing biological clocks (keeping them up late!), and busy schedules. Here are a few things you can do to help your teen navigate these challenges:

- Limit screen time before bed (and presence of technology in the bedroom).
- Help create a weekly schedule that balances extra-curricular activities and homework.
- Model healthy time management practices (encourage students to attend planning sessions with Mrs. Garrett or speak to their advisor if they need help in this area)
- Have teens avoid caffeinated drinks in the afternoon/evening.
- Create a consistent pre-bedtime routine that promotes relaxation.

**If you feel your child has unhealthy sleep habits & need help fostering a change while navigating busy schedules, reach out for help!**

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or your child's individual advisor!

# Technology and Social Media Use

Our kids live in a world of technology. Technology and social media can be invaluable tools, but it also comes with potential dangers that we must understand. It is our responsibility, as their parents and educators, to help them learn to navigate these platforms in safe ways, and to ensure that they have a healthy balance of use.

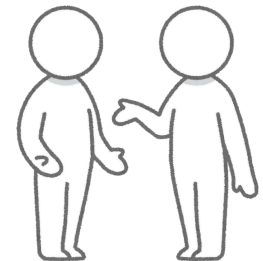
Here are a few things you can do to help your children build healthy habits around technology:

**Set Clear Boundaries and Screen Time Limits:** Establish specific times when your child can use technology, and set limits on how long they can be online. This helps prevent overuse and encourages them to engage in other activities like outdoor play, reading, or hobbies.



**Model Healthy Behavior:** Children imitate their parents. If you demonstrate a balanced approach to technology use—like putting your phone away during meals and engaging in face-to-face conversations—they're more likely to follow suit.

**Encourage Open Communication:** Talk with your children about what they do online, what social media they engage with, who they interact with, and what they find interesting. This creates an open environment where they feel comfortable sharing their experiences and asking for advice when needed.



**Educate About Online Safety:** Teach your children about the importance of privacy, recognizing cyberbullying, and how to interact respectfully online. Make sure they understand the long-term impact of their digital footprint.

We invite you to refer to the following resources for more information on helping your teen navigate technology and social media use:

- Social Media & Technology Guide accessed through the Student Support Services page of the Altamont website
- The Social Institute parent resource pages (can be accessed through an email sent in early September by Kate Smith)
- Common Sense Media website