



Keeping Screens Out of Bedtime

Using phones, tablets or TVs in bedrooms may seem harmless, but they're major sleep disruptors. Most teens and adults use screens in bed, making it harder to fall asleep and stay asleep.



Why it matters



Screen light, notifications and endless scrolling keep your brain active when it should be winding down. This impacts sleep quality and makes mornings tougher.

A simple fix



Create a tech-free sleep zone. Aim to stop using screens at least 30 minutes before bedtime or at the very least, avoid using them once you're in bed.

Try this:



Establish a family rule for when devices get turned off. Charge devices outside the bedroom.



Remove TVs and gaming systems from bedrooms.



Turn on Do Not Disturb at night.



Keep devices out of reach.

Better sleep starts with powering down.



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