

# GETTING YOUR SHUT-EYE

Now that you know the importance of a good night's sleep — for both physical and mental well-being — here is a list of tips for establishing healthy sleep habits.

## SLEEP RIGHT, SLEEP TIGHT!

- Set a bedtime that is early enough for you to get at least 8 hours of sleep (or 9 hours for tweens).
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evening.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime.
- Avoid consuming caffeine in the afternoon or evening.
- Engage in physical activity every day.
- Limit afterschool naps to 30 minutes or less and avoid naps after 4:00 pm.
- Give yourself time to relax and unwind before going to bed.
- Get some bright light in the morning when you wake up.
- Stick to your sleep schedule as closely as you can on weekends.

Choose two or three tips you do **not** currently follow, and then write about how you can change your sleep habits for the better by incorporating those tips into your bedtime routine.

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Now, add at least one healthy sleep habit that is unique to you. For example, maybe you like to listen to white noise (a constant background noise that drowns out other sounds) to fall asleep, or maybe window shades that block light suit you, so no light gets into your room.

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**Take-Home Sleep Tip:** With your family, watch the video “Why Are Teens So Sleepy?” at [youtube.com/watch?v=8J32CMnLRZ4](https://www.youtube.com/watch?v=8J32CMnLRZ4).

You'll learn tips to help everyone get a better night's sleep.