

WHO NEEDS SLEEP? YOU!

PART 1

Studies show that, on average, teenagers need between 8 and 10 hours of sleep per 24-hour period. This means those hours cannot be “saved” for a later day — your body needs those hours of sleep each day, every day, for optimum physical and mental health.

There are things you can and should do to ensure a good night’s sleep. Read the 10 tips below. How many do you already do? Which ones do you think you could try? Check the appropriate box.

I do	I can try	Sleep Tip
		Try to get some physical activity every day.
		Avoid caffeine after school — including sodas, coffee, and energy drinks.
		Limit afterschool naps to 30 minutes or less and avoid naps after 4 p.m.
		Have meals around the same time every day and avoid eating too close to bedtime.
		Keep indoor lights dim at night.
		Put away your smartphone and other electronic devices at least 30 minutes before bedtime.
		Give yourself some time to relax and unwind before going to bed.
		Set a bedtime that will allow you at least 8 hours to sleep and keep as close to it as you can.
		Get bright light every morning when you wake up to signal to your brain that it’s time to be alert.
		Stick to your sleep schedule as closely as you can on weekends.

PART 2

How can you establish healthy sleep habits to recharge your body and mind? Use the calculator found at sleepeducation.org/healthy-sleep/bedtime-calculator to assess when you need to go to bed, knowing that this can be a challenge if your school start time is very early. Then, select some of the tips from the list above that you think will work best for you, and write about how you can implement them below.

My wake time: _____ My target bedtime: _____

Tips: _____

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health.

