



SLEEP TIPS FOR TEENS

Sleeping is important for everyone! In fact, a lack of sleep can affect your mood, relationships, and your ability to think or focus. When you don't get enough sleep, it's hard to be at your best in school and sports. It can increase the chances of you getting sick and developing chronic diseases.

**TEENAGERS (14-17)
NEED**

**8-10
HOURS**

OF SLEEP

SLEEP TIPS ON THE BACK!



Stick to the same sleep and wake-up schedule, even on the weekends!



Have a consistent pre-bedtime routine to help you relax.



Plan to put away electronic devices at least 30-60 minutes before bed.



Make sure to be active during the day, preferably outdoors.



Avoid caffeine and energy drinks, especially in the afternoon and evening.



Make sure your bedroom is dark, quiet, and cool.



Avoid a heavy meal right before bed. Try a light snack if you're hungry.