



Sleep Tips for Teens

- **Make sleep a priority:** Decide what you need to change about your daily schedule to get enough sleep to stay healthy, happy and smart!
- **Understand your body:** Your internal body clock influences the times you sleep and wake up. Make sure your activities at night are calming to counteract your already heightened alertness.
- **Keep it consistent:** Establish a bed- and wake-time routine and stick to it, including on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns.
- **Prepare your body:** Don't eat, drink or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed.
- **Create a bedtime ritual:** Teach your body to recognize that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning) or reading a book.
- **Leave stress out of it:** Try keeping a diary or to-do list. If you jot down notes before you go to sleep, you'll be less likely to stay awake due to worry or stress.
- **Make your room a sleep haven:** Keep it cool, quiet and dark. If you need to, get eyeshades or ear plugs. Let in bright light in the morning to signal your brain to wake up.
- **You can't fake wake:** No pills, vitamins or drinks can replace good sleep. Consuming caffeine several hours before bedtime can hurt your sleep, so avoid coffee, tea, soda/pop, energy drinks and chocolate late in the day. Nicotine and alcohol will also interfere with your sleep.
- **Drowsy driving is as dangerous as drunk driving:** When you are sleep deprived, you are as impaired as driving with a blood alcohol concentration of 0.08%. Recognize the signs of fatigue and call someone else for a ride.
- **Grab a quick pick-me-up:** If you plan them right, naps can help pick you up and help you work or study more efficiently; however, naps that are too long or too close to bedtime may interfere with your regular sleep.

