

SLEEP TIPS FOR ADOLESCENTS

The following recommendations will help you get the best sleep possible and make it easier for you to fall asleep and stay asleep.

- **Sleep schedule.** Wake up and go to bed at the same time on school nights and non-school nights. Bedtime and wake time should not differ from one day to the next by more than an hour or so.
- **Weekends.** Do not sleep in on weekends to “catch up” on sleep. This makes it more likely that you will have problems falling asleep at bedtime.
- **Naps.** Do not nap. If you nap, you will have difficulty falling asleep at bedtime.
- **Sunlight.** Spend time outside every day, especially in the morning; exposure to sunlight, or bright light helps to keep your body’s internal clock on track.
- **Exercise.** Exercise regularly. Exercising may help you fall asleep and sleep more deeply.
- **Bedroom.** Make sure your bedroom is comfortable, quiet, and dark. Make sure also that it is not too warm at night, as sleeping in a room warmer than 75°F will make it hard to sleep.
- **Bed.** Use your bed only for sleeping. Do not study, read, or listen to music on your bed.
- **Bedtime.** Make the 2 hours before bedtime a quiet or wind-down time. Relaxing, calm, enjoyable activities, such as reading a book or listening to soothing music, help your body and mind slow down enough to let you sleep. Do not watch TV, use the computer or play video games (these items should be removed from the bedroom). Do not study, exercise, or get involved in “energizing” activities in the 2 hours before bedtime.
- **Snack.** Eat regular meals and do not go to bed hungry. A light snack before bed is a good idea; eating a full meal in the hour before bed may affect sleep.
- **Caffeine.** Avoid eating or drinking products containing caffeine in the afternoon. These include caffeinated sodas, coffee, tea, chocolate and energy drinks.
- **Alcohol.** Ingestion of alcohol disrupts sleep and may cause you to awaken throughout the night.
- **Smoking.** Smoking disturbs sleep. Do not smoke for at least an hour before bedtime (and preferably, not at all).
- **Sleep pills.** Do not use sleeping pills, melatonin, or other over-the-counter sleep aids without discussing them with your doctor.