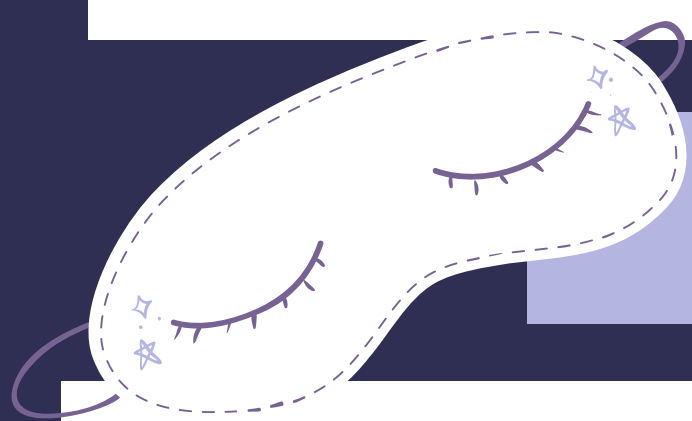


# SLEEP TIPS



## Effects of Good vs. Bad Sleep:

Sleep has a tremendous impact on your health, function, and overall well being. Getting at least **9 hours of sleep every night is essential** for enhancing mood, immune system, academic performance, and even the quality of your skin! Adequate sleep is especially important for teenagers, as certain processes such as **growth, healing, and the consolidation of memory** only occur during sleep. When teens are deprived of sleep they can have **trouble concentrating or remembering, feel irritable, it can be harder to do well at school, and it can actually be harder to fall asleep or stay asleep.**



## Top Tips for Good Sleep:

1. Stick to a regular schedule, even on weekends and holidays
2. Only use your bed for sleeping, not homework, reading, or other activities
3. Create a cool, dark and quiet environment to help yourself fall asleep
4. Avoid smoking, alcohol, and caffeine
5. Turn off screens at least 1 hour before bedtime, as blue light keeps you awake
6. Make preparations to streamline your morning routine so that you can get as much sleep as possible
7. Get plenty of outdoor physical activity during the day to help regulate your sleep cycle
8. If you feel too anxious to fall asleep, refrain from watching the clock and try self-soothing techniques like body scan meditation
9. Establish a night routine with calming practices, such as stretching and drinking tea, and stick to it
10. Teens who consistently go to bed between 10 and 11 P.M. have been found to have the best academic performance

