



# HEALTHY SLEEP

how good sleep promotes good health

## FAST FACTS

- Teens need 8-10 hours of sleep each night.
- School and activity schedules don't always support your natural sleep cycle.
- Small sleep habit changes can make a big difference.

### THE EFFECTS OF GETTING ENOUGH SLEEP INCLUDE:



- Better grades.
- Better mood.
- Better stress management.
- Better sports performance.
- Better general health.

## TEENS: LET'S TALK

**How much sleep are you getting on school nights? On weekends?** If you aren't sure or don't think you are getting enough, it can help to keep track. You can Google "sleep diary" to find online resources that show you what to track.

**Do you feel sleepy during the day?** This may be a sign your body needs more sleep.

**Are there things you can change?** Some suggestions that other teens find helpful:

- using your bed only for sleep (not homework or texting).

- turning off electronics an hour before bed.
- putting snacks away an hour before bed.
- focusing on relaxation before bed (breathing or meditation).
- getting exercise during the day.
- aiming for a consistent sleep/wake schedule.

**Which of these would be best for you? What are some other ideas?**

## PARENTS: KEEP TALKING

As a parent, there are many ways you can help your teen get more sleep. Try to find ways to model healthy sleep behaviors yourself. Set boundaries like asking everyone to charge their phones overnight in the kitchen. And keep talking about it.

**Here is one approach:** "Let's talk about sleep. We both know sleep is good. But we also know getting enough can be hard,

especially when teens are naturally wired to stay up later. I'd really like to brainstorm some ideas to help you get more sleep and pick a few to try. I want to support you, but I know a lot of this will be up to you. Let's check in next week about how trying these ideas went."

## GREAT RESOURCES

American Academy of Sleep Medicine: [sleepeducation.org/category/teens](https://sleepeducation.org/category/teens)

Search for "Sleep" on [Healthychildren.org](https://www.healthychildren.org), produced by the American Academy of Pediatrics

## Toolkit for Adolescent Care