

Tips for healthy sleep in teenagers (13-18 years)



1. Get enough sleep!

Insufficient sleep can cause depression, anxiety, poor school performance, high blood pressure and car accidents. The recommended number of hours of sleep per day on a regular basis to promote **optimal health** in teenagers is:

	AGE	RECOMMENDED DAILY SLEEP
TEENAGER	13-18 years old	8 to 10 hours (U.S. average is 7 hours per night)
ADULTS	>18 years old	7 to 8 hours

2. Avoid screen time within 1 hour of bedtime.

The backlight is confused with daylight in our eyes (even with the Blue light filter) waking you up and making it hard to fall asleep.

3. Use the bed only for sleep.

Take the TV and video games out of the bedroom. The bed is not for TV, reading, using a smartphone or tablet, or playing electronic games.

4. Create a quiet, dark and comfortable area for sleeping which is cool at night.

5. Wake up and go to bed at the same time daily, even on weekends!

6. Don't stay in bed if you can't fall asleep for a while.

If you are laying there awake, get out of bed and do something non-stimulating, like a warm bath, soothing music, or read a boring book.

During the Day

Limit naps to 30 minutes, maximum.

Expose yourself to bright light in the morning.

Exercise. Physical activity improves quality of nighttime sleep.

Avoid alcohol. Alcohol use before bed can lead to rebound wakefulness 2-4 hours later and poor sleep overall.

Avoid caffeine 6 to 12 hours before bedtime.

Avoid strenuous exercise within 2 hours of bedtime.