

Sleep for Teens

Why is sleep important?

- Improves attention and concentration
- Improves mood
- Helps to manage weight

How much sleep do I need?

- 8-10 hours per 24 hours for ages 13-18
- Naps should be less than 30 minutes

How do I get better sleep?

- Practice calming and mindfulness activities before bed (i.e. meditation or spiritual practice, shower, journaling).
- Exercise regularly in the daytime, ideally outdoors.
- Getting daytime exposure to sunlight helps with sleep at night.
- Keep the room quiet, dark, and cool, ideally 65-70 degrees.
- Keep screens including TV, phone, and other devices preferably outside of the bedroom at night.
- Turn off screens 60-90 minutes before bed.
- Avoid late night snacking and high salt foods close to bed.
- Avoid caffeine after noon.
- Stay hydrated throughout the day.
- Keep a consistent sleep schedule 7 days a week (i.e. 10 PM-7 AM daily would give you 9 hours of sleep).

Why do I have to turn off my screen?

- Screens give off blue light.
- Blue light increases your body temperature. Your body needs to cool to fall asleep.
- Blue light increases a stress hormone in your body called cortisol. Cortisol needs to decrease to fall asleep.
- Blue light decreases the release of melatonin. Melatonin needs to increase to fall asleep.
- It's not just the color of the light but the strength of the light affects your ability to sleep. Blue light from a phone or tablet is stronger when it is closer to your face.
- The effect of blue light is worse when you don't get sun exposure in the daytime.