



Teen Stress Management: Sleeping Well

Getting a restful night sleep is important for your health and well-being. Read these do's and don'ts when it comes to sleeping well.

- Do: Create a dark, quiet, comfortable sleep environment. Dim the lights about an hour before bed. Open the shades in the morning. Don't: Keep bright lights on late at night.
- Do: Set cell phones to night setting at least an hour before bedtime. Don't: Use cell phones or tablets right before or in bed.
- Do: Drink calming beverages like warm milk or herbal teas. Don't: Drink caffeine or other stimulants 6-8 hours before going to bed.
- Do: Keep cell phones in another room. If it's needed for an alarm, turn it to "do not disturb" mode. Don't: Have computers, cell phones, TVs or other electronics that emit blue light in the bedroom.
- Do: Complete homework before bedtime. Don't: Do homework in bed.
- Do: Get your worries out before getting into bed. This may mean making a to-do list of tasks to think about tomorrow. Don't: Spend time in bed thinking or worrying about everything that needs to be done tomorrow.
- Do: Get out of bed, keep the lights off, and return to bed when you're feeling drowsy if you're having trouble falling asleep. Don't: Stay in bed and worry about not being able to fall asleep.
- Do: keep a regular sleep pattern. Don't: Take long naps or nap near bedtime or sleep late on weekend mornings.
- Do: Eat healthy. Don't: Eat heavy, spicy meals or drink a lot of fluids near bedtime.
- Do: Exercise 5-6 hours before bedtime. Don't: Do a heavy workout before bed.
- Do: Take a relaxing bath or shower an hour before bed. Don't: Go to bed overheated.

Adapted from Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014