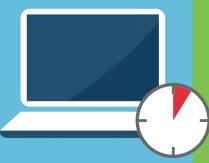


## Teen Sleep Tips



TRY

Screens of any kind in the hour before bed

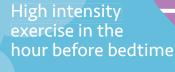


Overly stimulating bedroom environments

Sugary foods or heavy meals



Caffeine or energy drinks - ideally from lunchtime







Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar



Warm milk, water, or herbal tea such as camomile

Invest in an alarm clock rather than using the alarm on your phone



**Exercise during** the daytime, and have an hour of relaxation time before bed

Keep your bedroom environment calm and device free

