How to help teenagers get quality sleep

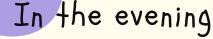
During the day

Get up straight way in the morning - avoid the tempation for a lie in

Get as much natural light as

possible

Take excercise



Avoid sugary and caffinated drinks
Try to avoid screens in the last
hour before bedtime
Have a bedtime routine that helps
you to relax

Bedroom

Dark, cool and quiet - it helps not to use your bed and bedroom as your work or play space but keep it for sleeping if possible.
Charge phones and gadgets downstairs.

Dropping off to sleep

It takes most of us 30 minutes to go
to sleep
White noise or fans can help people
drop off.
Others find that essential oils such
as lavender can help.