

# How to help teenagers get quality sleep

## During the day

Get up straight way in the morning -

avoid the temptation for a lie in

Get as much natural light as possible

Take exercise



## In the evening

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.