

# Six Steps to a Good Night's Sleep for Teenagers

S

Screen: Limit Screen time. Have tech-free time with no phone, gaming, or TV in the 1 to 2 hours before bedtime.

C

Caffeine: Avoid caffeinated drinks after lunchtime.

R

Routine: Create a routine for sleep and wake time. Relax: Engage in relaxing activities before bedtime.

E

Exercise: Get at least one hour of exercise or physical activity every day (but not in the three hours before bedtime).

E

Electronics: Make your bedroom a tech-free zone with no TV, gaming consoles, mobile phone, or other electronic devices.

N

No: Say 'No' to smoking, alcohol and illegal drugs.