Sleep Tips for Teens

• **Make sleep a priority:** Teens need 8.5-9.5 hours of sleep each night. Decide what you need to change about your daily schedule to get enough sleep to stay healthy, happy and smart!

• **Keep a regular sleep-wake schedule:** Sticking to a consistent sleep-wake schedule, including on weekends, will help you feel less tired by allowing your body to get into a natural rhythm.

• **Leave time to unwind:** Don’t leave your homework for the last minute. Try to avoid the TV, computer and phone close to bedtime.

• **Create a bedtime ritual:** Teach your body to recognize that it’s time for bed. Try taking a bath or shower, reading a book, or listening to soothing music.

• **Leave stress out of it:** Try keeping a diary or to-do list. If you jot down notes before you go to sleep, you’ll be less likely to stay awake due to worry or stress.

• **Make your room a sleep haven:** Keep it cool, quiet and dark. If you need to, get eyeshades or ear plugs. Let in bright light in the morning to signal your brain to wake up.

• **You can’t fake wake:** No pills, vitamins or drinks can replace good sleep, so save the caffeine for emergencies. Consuming caffeine late in the day can also disrupt your sleep many hours later and leave you tired the following day.

• **Drowsy driving is as dangerous as drunk driving:** Like alcohol and drugs, sleep loss affects driving skills such as hand-eye coordination, reaction time, vision and judgment. Recognize the signs of fatigue and call someone else for a ride.

• **Grab a quick pick-me-up:** If you plan them right, naps can help pick you up and help you work or study more efficiently; however, naps that are too long or too close to bedtime may interfere with your regular sleep.

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