the Sleep Charity

ADVICE SHEET

Sleep Advice for Teens

Many people teach teens about eating well and staying active, but we don't talk enough about how important good sleep is.

Poor sleep can cause real problems. It has been linked to weight gain, low mood, and trouble learning.

If your teenager finds it hard to get up in the morning, there are some easy things that might help. One of the best places to start is to talk with them. Sharing worries can make problems feel smaller and easier to handle.

Simple Tips to Help Teens Sleep Better

Remind them why sleep matters

Good sleep helps teens remember things, learn better and do well at school. They need at least **eight hours** of sleep on school nights.

Make sure the bed is comfy

A good mattress helps with better sleep. If it's old or worn out, it might be time for a new one - **and let your teen help choose it**.

Cut back on caffeine

Caffeine isn't just in coffee - it's in **tea**, **cola** and **energy drinks** too. Too much of it makes it hard to fall asleep and stops deep sleep.

Keep them active

Regular **exercise** helps the body **relax**. Even 20 minutes, three times a week can make a big difference.

Watch bedtime eating

Going to bed too full or too hungry can make sleep harder. A **light snack** is fine, but **avoid big meals** close to bedtime.

Limit screens before bed

TVs, games, tablets and phones are stimulating so try to switch off screens **one hour** before bed.

Create a calm sleep environment

The ideal bedroom is **dark**, **cool**, **quiet**, **safe** and **comfortable**.

Build a bedtime routine

Doing the same things in the same order every night helps the brain know it's time to sleep. **Simple habits** really work.

Build healthy habits early

The sleep habits teens learn now often **stay with them for life** - so helping them build good routines really pays off.

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk