the Sleep Charity

ADVICE SHEET

Sleep Advice for Teens

We talk a lot about eating well and staying active...**but sleep matters just as much.**

Poor sleep has been linked to weight gain, low mood and trouble learning and remembering.

If getting up in the morning feels impossible, **small changes can make a big difference.**

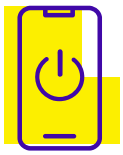
Remember why **sleep matters**

Stay **active**

Cut back on **caffeine**

Watch bedtime **eating**

Build a bedtime **routine**

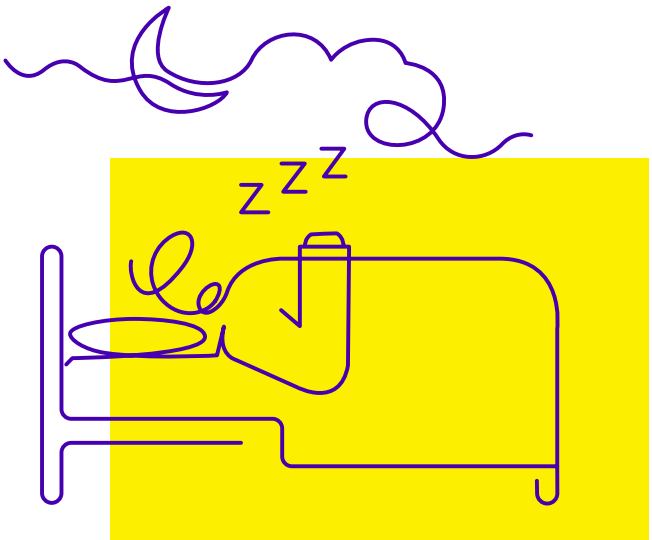


Switch off **screens** early

Create a **calm** sleep space

Have a **comfortable** bed

Build **good habits** early



For more information visit
thesleepcharity.org.uk