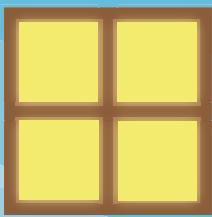


# Teen Sleep Tips

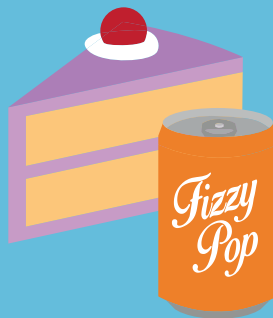
## AVOID

Screens of any kind in the hour before bed



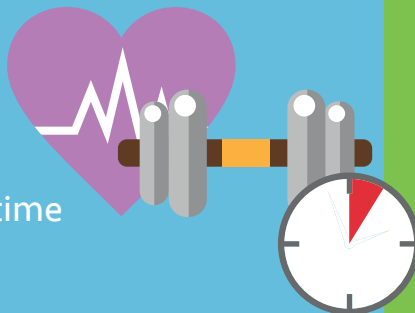
Overly stimulating bedroom environments

Sugary foods or heavy meals



Caffeine or energy drinks - ideally from lunchtime

High intensity exercise in the hour before bedtime



Hot chocolate can also often be sugar-loaded!

## TRY



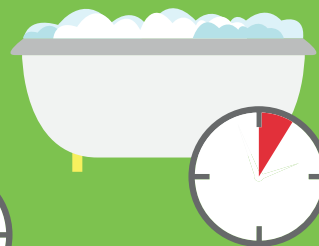
Reading books or a magazine

Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar



Warm milk, water, or herbal tea such as camomile

Invest in an alarm clock rather than using the alarm on your phone



Exercise during the daytime, and have an hour of relaxation time before bed

Keep your bedroom environment calm and device free

