- Help your teen set a bedtime routine.
  - Avoid screens, such as TV, computers, phones, and tablets for at least one hour before bed. The blue light from screens can make it harder to fall asleep.
  - Encourage quiet activities instead, such as reading, or meditating.
  - Create a relaxing environment to wind down before going to bed. Soft music and dimmed lights may help.

- Encourage your teen to go to bed and get up at about the same times every day.

- Help your teen avoid drinks with caffeine, especially after 12pm, since too much caffeine can interfere with sleep.

- Taking part in physical activity during the day will help your teen get better rest at night.

How much sleep should my child get each night?
Between 8 and 12 hours of uninterrupted sleep is recommended each night.

The recommended amount depends in part on the child's age:
- 10-12-years-old: 9-12 hours
- 13-18-years-old: 8-10 hours

Good sleep is very important to health – regularly sleeping fewer than recommended hours can have negative effects on attention, behavior, learning, and may increase risk for injuries, high blood pressure, diabetes, and depression.