

My Sleep Routine

Decide what you want to do when you're getting ready for bed. You may not need all 6 steps, so just fill out the steps you need.

Time I start my routine: _____

Time I'd like to close my eyes to sleep: _____

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Need some help?

If you try these steps and still have problems sleeping, talk to your parents about it and bring it up to your doctor. If you have questions before then, we're here for you! Call Passport at 1-800-578-0603 TTY:711.



Source: National Sleep Foundation | Any information included in this material is not intended to replace medical care or advice from your doctor. Any references to other companies or internet sites are not an endorsement or guarantee of the services, information or products provided. Passport does not take responsibility for anything that may result from the use, misuse, interpretation or application of the information in this material HLTH62631 INT APP_12/24/2020

Tips for Better Sleep

Just for Teens



As a teen, getting a good night's sleep does a lot of good things for you and your body. Listed here are just a few ways a good night's sleep can help your everyday life:

The Benefits of Getting a Good Night's Sleep

- You can feel better and be in a better mood
- You can think better and react faster
- You can make better decisions
- You can do better in school and sports
- Your body can heal when it's sick or hurt
- Your muscles can repair themselves and be strong



10 TIPS for Better Sleep

- 1 Do the same things in the same order every night.** This is called a sleep routine and it tells your body when it's time to sleep. **Sleep routines** can be simple like putting on pajamas, brushing your teeth, washing your face or stretching to help you relax.
- 2 Go to bed and wake up at the same time every day,** even on the weekends. (We know this is a hard one! It's okay to stay up late every now and then for special events.)
- 3 Use your bed for sleeping only.** Things like studying, reading, talking on the phone, texting or watching TV in bed teach your brain and body to be awake in bed rather than asleep.
- 4 Be active during the day.** Exercising, playing outdoors, taking walks, and playing sports will help you sleep better at night.



- 5 Turn off your TV, tablet, computer and video games and stop looking at your phone one hour before you lay down.** Don't keep a TV in your room.



- 6 Keep your room dark and cool at night.** A room that is too bright or too hot will keep you from falling asleep and sleeping well.

- 7 Stop eating a few hours before you go to bed.** If you're hungry at bedtime, eat a small snack like bread, crackers, cereal, cheese or milk.



- 8 Stop drinking caffeine 5 to 6 hours before you plan to go to bed.** Drinking soda, coffee and some teas will keep you awake. Drinking alcohol will also make it harder to sleep soundly. If you're thirsty, drink water at night.

- 9 Don't smoke.** Your body will want to smoke even when you're trying to sleep so it will be harder to fall asleep and stay asleep.

- 10 Put your worries away.** Getting ready for school in the morning can be stressful at times. Put your backpack with your books and homework in it next to the front door and pick out your clothes at night. If you're worried about something, keep a notebook next to your bed and write down your thoughts or draw them instead. They will be there for you in the morning, but you won't have to worry about them all night.

