

parents: help your teens on the road to

# good nights & better mornings

- 1) Set a consistent bed-time and wake-time for your teen (even on weekends) that allows for at least 8.5-9.25 hours of sleep each night
- 2) Encourage your teen to establish a relaxing bedtime routine that includes pleasure reading, taking a bath or listening to music
- 3) Set up a bedroom for your teen that is cool, dark and quiet
- 4) Keep the television, computer and cell phone in the living room or den instead of your teen's bedroom – these high tech gadgets are often “sleep stealers”
- 5) Help your teen to cut out caffeine after lunchtime
- 6) Create an environment that allows your teen to get into bright light in the morning and avoid it in the evening
- 7) Be a good role model – talk to your teen about the importance of sleep and set the tone by making sleep a priority in your life