

10 sleep tips for teens

z Z



1 Only use your bed for sleep. Don't lie on your bed outside sleep times



2 Try to go to bed and get up at about the same time every day



3 Don't consume caffeinated drinks after 2pm



4 Eat at least two hours before bed



5 Have a relaxing pre-bed routine. Clear your thoughts, meditate



6 Take a hot bath or shower (more than 20 minutes before bedtime)



7 Try drinking a milky drink or chamomile tea before bed



8 Make your bedroom a quiet place



9 Make sure your bedroom is not too hot



10 Turn your computer off. Leave your phone out of the bedroom

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