Other Resources


www.sleepeducation.org

UVM Medical Center Sleep Program
Address: 1 South Prospect Street, Arnold, Level 2, Burlington, VT 05401
Phone: (802) 847-5338

Colchester Family Practice
883 Blakely Road
Colchester, Vermont 05446
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Sleep Hygiene for Teenagers

For better physical and emotional health
Create a Good Sleep Environment

- Sleep in a comfortable bed in a quiet, dark room
- Use blackout curtains or an eye mask
- Use ear plugs or white noise (i.e., fan, sound machine, etc.)
- Determine your comfortable sleeping temperature

Create a Sleep Routine

- Go to bed at the same time every night
- Move the clock to somewhere you cannot see it
- Do the same activity before bed every night such as taking a hot shower
- Get up as soon as your alarm goes off in the morning
- Do not take naps during the day
- If you wake up during the night, read a boring book until you fall back to sleep

How Much Sleep Do I Need?

The CDC has made recommendations for how many hours of sleep a person needs based on their age. These are averages and individual sleep needs may vary.

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Amount of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>16–18 hours a day</td>
</tr>
<tr>
<td>Preschool-aged children</td>
<td>11–12 hours a day</td>
</tr>
<tr>
<td>School-aged children</td>
<td>At least 10 hours a day</td>
</tr>
<tr>
<td>Teens</td>
<td>9–10 hours a day</td>
</tr>
<tr>
<td>Adults (including the elderly)</td>
<td>7–9 hours a day</td>
</tr>
</tbody>
</table>

Centers for Disease Control and Prevention

Studies show that when people do not get enough sleep it has a negative impact on their physical, social and emotional health.

Ways to improve your sleep

- Exercise early in the day – exercise close to bedtime disrupts sleep but early exercise helps you fall asleep faster and stay asleep
- Do not drink caffeinated beverages after 2 pm – caffeine stimulates the brain and prevents sleep
- Do not eat too close to bedtime – this can lead to an upset stomach and poor sleep
- Keep electronic devices such as TVs, cellphones, computers, etc. out of your room – the artificial light from these screens keeps your body awake
- Stay away from alcohol – alcohol can help people fall asleep but leads to nighttime awakenings and bad dreams
- Ask your doctor about any medications you are taking – some medications can keep you up at night, others can make you more tired during the day

When to contact your doctor

- If you have no improvement in sleep and are still feeling tired during the day
- If you snore
- If you move frequently while sleeping
- If you have frequent nightmares