Sleeping Tips

1. **AIM FOR 8-10 HOURS OF SLEEP PER NIGHT.** Yes, really. If you aren't getting enough sleep, you might notice it affecting your mood or thinking.

2. **STICK TO REGULAR SLEEP AND WAKE TIMES.** This makes your body "prepared" to fall asleep and wake up when you need to. Yes, this means weekends too.

3. **DITCH YOUR DEVICES.** Light from screens can mess with your brain's ability to sleep and alerts from your phone can wake you back up. If you can, charge your devices away from your bed.

4. **CREATE THE RIGHT CONDITIONS.** People sleep better when it is cool, dark, and quiet.

5. **THE BEDROOM IS FOR SLEEPING.** Avoid doing stressful activities, such as schoolwork, in your bedroom.

6. **AVOID CAFFEINE, SMOKING, ALCOHOL AND DRUGS.** These things can keep you up at night and make the quality of your sleep worse.

7. **DON'T TRY TO SLEEP.** Do something calming instead like focus on your breathing, or imagine all the details of a calming place or memory — the sights, smells, touch, and tastes. If you've been awake for more than 20 minutes, try getting up and doing something boring in dim light until you feel sleepy, then return to bed.

8. **FIND RITUALS.** Find a few calming rituals you can do every night to remind your body it is time for bed. Rituals such as deep breathing, a few stretches, or some decaf tea may be helpful.

9. **EAT HEALTHY AND EXERCISE.** Get your body in a good rhythm!

10. **APPS THAT MAY HELP: [Calm](), [Relax Melodies]()**