TEEN SLEEP AND DAILY RHYTHMS during the COVID-19 pandemic

Get light when you wake up and during the day

- Morning light is one of the most important cues for our brain's clock and helps you feel more alert
- Be in bright spaces during the day

Limit napping and caffeine

- Avoid naps and caffeine at night
- Limit naps to less than 45 minutes

Do activities that give you energy and promote sleep

- *Exercise regularly (3x/week)*
- *Schedule regular video calls or virtual games with friends*
- *Go for a walk outside*

TIP

Getting enough sleep (8-9 hours) and keeping regular rhythms helps you fight infection and manage stress– which is important to keep you and your family safe during COVID-19
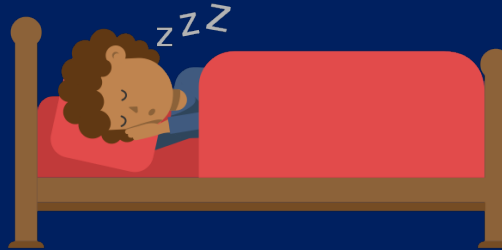
Use your bed ONLY for sleep

- Doing things other than sleeping in bed (e.g., using phone) gives your brain the message that the bed is the place to be awake, making it harder to fall asleep in bed.

Keep regular daily routines

Wake-up times tell the brain what is "day" and what is "night".

- *Keep bed and wake times within 1 hour most days of the week*
- *Schedule a fun activity in the morning to give yourself a reason to wake up*
- *Use separate spaces in your room for day and nighttime activities*

TIP

Nighttime activities to limit within 1 hour of bed:

- **Using a smartphone, including social media and streaming shows**
- *Smartphones emit blue light, which increases alertness and makes it harder to fall and stay asleep.*
- *Set reminders to stop smartphone use*
- **Reading COVID-19 news or other stressful activities before sleep**
- *Increased anxiety and stress interfere with sleep*

Start a "wind-down" routine 30-60 minutes before sleep

- *Dim light and engaging in relaxing activities (e.g., reading, podcasts) will help prepare your body for sleep.*

TIP