

Sleep Helpers

What is a sleep helper?

A sleep helper is something that helps us get good sleep.

When should I use sleep helpers?

Use sleep helpers every day to help you sleep well every day!

What are some sleep helpers?

Stop using electronics at least 30 minutes before bedtime. To help you do this you can:

- Set an alarm to remember to turn off electronics
- Ask a family member or friend to remind, but not nag, you
- Use the function that is on your cell phone to set time limits for length of time you use an app
- Ask your friends not to text you once you are getting ready for bed
- Turn off your phone and other devices, or put them on airplane mode
- If you have to use your phone as an alarm, set it to "do not disturb".
- If you must use your phone at night, use the night mode setting or install an app to reduce the blue light.



Finish activities at least 30 minutes before bedtime. Set an alarm so you don't forget to stop! Participate in physical activities no later than 2 hours before bedtime.



Limit caffeine – don't eat or drink caffeine after 12 noon.

