

YOUTH 21 DAY SCREEN TIME/SLEEP CHALLENGE

FOR GOOD SLEEP HYGIENE

1. Know how much sleep you need.
(12-17 years old---8-10 hours)
2. Stick to a sleep schedule. Have the same bedtime and wake up time, even on the weekends (This psychologically trains your brain to recognize it's time for bed).
3. Keep your bedroom dark and cool (16-19 Degrees Celsius).
4. Watch what you eat and drink before bed. No large meal, only a small snack.
5. No screen time at least one hour before bed and no screens in the bedroom (all screens including television).
6. Do a relaxing self-care activity before bed.

How Would You Rate Your Sleep Health?

(Circle your range based on how you feel during the day)

BEFORE CHALLENGE

1-3 VERY POOR/ 4-6 POOR/ 7-8 GOOD/ 9-10 GREAT

AFTER CHALLENGE

1-3 VERY POOR/4-6 POOR/ 7-8 GOOD/ 9-10 GREAT

Email Results to wadesoroChan@shaw.ca