

Sleep for Teens

Why your brain is still awake at 1 a.m.

A teen-friendly guide to sleep, stress, and getting more rest.

SAME YOU. BRIGHT THINGS AHEAD. ♥

Better
Sleep
Brighter
You ♥

GOOD
REST
HELPS
YOU BE
YOU ♥

1

Why sleep gets messed up

It's not just you — there are real reasons.



Teen body clocks shift later

Your natural sleep-wake cycle (circadian rhythm) shifts in your teens, so you feel sleepy later and wake up later.



Stress keeps your brain alert

Worries, overthinking and big emotions can make it hard to switch off, even when you're tired.



Phones and light wake your brain up

The blue light from screens can reduce melatonin (your sleep hormone) and keep your brain in "day mode."



Naps and caffeine can throw things off

Long or late naps and caffeine (in coffee, energy drinks, pop, chocolate, etc.) can make it harder to fall asleep at night.

Your brain isn't broken — it's just going through big changes. ♥

A CALMER NIGHT
A BRIGHTER TOMORROW ♥

2

Why sleep matters

Good sleep helps everything feel a little easier.



Better focus

It's easier to pay attention, learn and get things done.



Improved mood

You're more patient, positive and better able to handle stress.



Lower anxiety

Good sleep can help you feel calmer and less overwhelmed.



Stronger memory

You remember information better and retain what you learn.



School goes smoother

More energy and focus can help with homework, tests and showing up.



More energy

You'll feel more like yourself and have more energy for the things you enjoy.

A well-rested you can handle hard things, and enjoy the good ones too. ♥

BETTER
SLEEP
BRIGHTER
DAYS ♥

3

What helps before bed

Small habits make a big difference.



Dim the lights

Lower the lights 1–2 hours before bed to help your brain get ready for rest.



Charge your phone away from bed

Keep it out of reach (and out of sight) so you're less tempted to scroll.



Same bedtime routine

Try doing the same calming things each night, even on weekends.



Warm shower or bath

A warm shower can help your body relax and signal that it's time for sleep.



Calm music

Try a chill playlist, nature sounds or white noise.



Low-stress wind-down

Read, stretch, journal, breathe or do something that helps you feel calm.

A calmer evening leads to a brighter tomorrow. ♥

GOOD HABITS
BRIGHTER MORNINGS ♥

Rest
fuels
what
you love
♥

Tonight I can...

- ☒ Be proud of myself
- ☒ Take a deep breath
- ☒ Do something calming
- ☒ Get a good night's sleep ♥

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If your brain won't stop

Tools to help when your mind is racing.



Try box breathing

Breathe in for 4, hold for 4, out for 4, hold for 4. Repeat a few times.



Do a brain dump

Write down what's on your mind so you don't have to keep holding it all in.



Use grounding

Notice 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.



Listen to a boring podcast

A calm, low-stimulation podcast can give your brain something to focus on.



Get out of bed

If you've been lying awake for 20+ minutes, get up and do something quiet and boring (like read in low light) until you feel sleepy again.

It's okay if your mind is loud sometimes. You have tools, and you've got this. ♥

5

What to avoid

These can make it harder to get a good night's sleep.



Doom scrolling

Endless scrolling keeps your brain stimulated and can increase anxiety.



Energy drinks late in the day

Caffeine can stay in your system for hours, making it harder to fall asleep.



All-nighters (when possible)

Pulling an all-nighter can seriously affect your mood, focus and mental health. It's usually not worth it.

Good choices tonight = A more you tomorrow. ♥

6

When to get help

You don't have to figure it out alone.



Sleep problems are ongoing

If you've been having trouble sleeping most nights for a few weeks or more.



Sleep is linked to panic or anxiety

If racing thoughts, panic attacks or high anxiety are keeping you up.



Nightmares

If frequent nightmares are affecting your sleep or how you feel during the day.



Feeling deeply exhausted

If you're always tired, no matter how much you sleep, it's a good idea to talk to a trusted adult, school counsellor or health professional.

Reaching out for support is a sign of strength, not weakness. ♥

Rest is not wasted time. ♥