

# Screen Sense

## Age 5-11

- Restrict screen time (including TV, smartphones, tablets and video games) to less than 2 hours a day
- Sleep 9 to 11 hours a night. Paediatricians recommend 1 hour screen free time before bedtime

Source: The Royal College of Paediatrics and Child Health (RCPC) 2019

- Your child should do at least 1 hour of moderate to vigorous physical activity a day

Source: Canadian Government



# Sleep tips for teenagers

Reference- digitalskillet / Thinkstock

**A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens.**

Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school.

## **Limit screens in the bedroom**

If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.

Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media.

Encourage your teenager to have at **least 60 minutes of screen-free time before bedtime.**

**Source- The Royal College of Paediatrics and Child Health (RCPCH) 2019**



# Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health.

Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns, too.



# Cut out the caffeine

Suggest that your teenager drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed.

Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.



## Don't binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

## Have a good routine

Encourage your teenager to get into a regular bedtime routine.

Doing the same things in the same order an hour or so before bed can help them drift off to sleep.

Use these [bedtime routine tips](#)

## Create a sleep-friendly bedroom

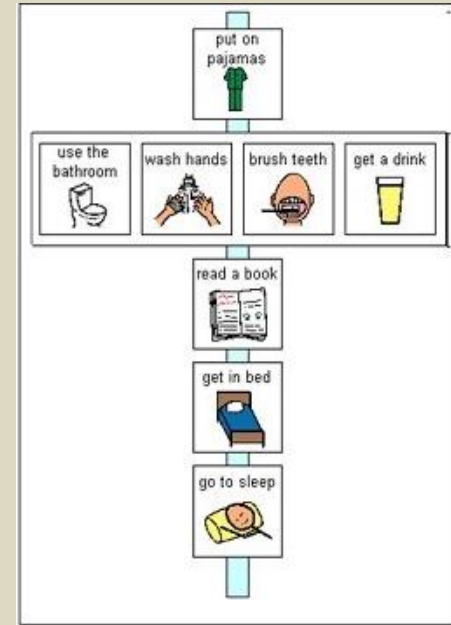
Ensure your teenager has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable. Eliminate TVs and other electronic gadgets, light, noise, and a bad mattress or bed.

It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings. Ear plugs can help keep external noise down.

## Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better.

Read some advice on [how to talk to your teenager](#). You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.



## **How to get to sleep**

**A regular bedtime routine will help you wind down and prepare for bed.**

Few people manage to stick to strict bedtime routines. This isn't much of a problem for most people, but for insomniacs, irregular sleeping hours are unhelpful.

Your routine depends on what works for you, but the most important thing is working out a routine and sticking to it

### **Sleep at regular times**

First of all, keep regular sleeping hours. This programmes the brain and internal body clock to get used to a set routine.

Most adults need between six and nine hours of sleep every night. By working out what time you need to wake up, you can set a regular bedtime schedule.

### **Make sure you wind down**

Winding down is a critical stage in preparing for bed. There are lots of ways to relax:

- A warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- Relaxation exercises, such as light [yoga stretches](#), help to relax the muscles. Don't exercise vigorously, as it will have the opposite effect.
- [Relaxation CDs](#) work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you.
- Reading a book or listening to the radio relaxes the mind by distracting it.

If you need more ideas, you can get help and advice [from your GP](#).

## **More tips to beat insomnia**

**Simple lifestyle changes can make a world of difference to your quality of sleep.**

### **Keep regular sleep hours**

Going to bed and getting up at roughly the same time every day will programme your body to sleep better. Choose a time when you're likely to feel tired and sleepy.

### **Write away your worries**

If you tend to lie in bed thinking about everything you have to do tomorrow, set aside time before bedtime to make plans for the next day. The aim is to avoid doing these things when you're in bed, trying to sleep.

### **If you can't sleep, get up**

If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then go back to bed.

If lack of sleep is persistent and affecting your daily life, make an appointment to see your GP.

Find apps and tools in the [NHS Apps Library](#) to help you sleep better.

[WW.NHS.UK/MOODZONE](http://www.nhs.uk/moodzone) for audio information [NHS.uk](http://NHS.uk)



[Pzizz](#)

The Pzizz app helps you quickly quiet your mind, fall asleep fast, stay asleep, and ...

Sleep

Free



[Sleepstation](#)

Sleepstation is a 6-week online course for people who struggle to fall asleep or stay ...

Sleep

Free

# Useful websites

[www.ghc.nhs.uk/healthvisiting](http://www.ghc.nhs.uk/healthvisiting)

[www.ghc.nhs.uk/schoolnursing](http://www.ghc.nhs.uk/schoolnursing)

<https://www.common sense media.org>

**ChatHealth**

**NHS Gloucestershire Care Services**  
NHS Trust

bullying smoking relationships body image family issues  
self harm mental health bullying smoking drugs  
bullying smoking relationships social media  
healthy eating sexual health self harm mental health  
self harm mental health exam anxiety drugs  
exam anxiety drugs sexual health healthy eating  
healthy eating sexual health body image family issues  
self harm mental health bullying smoking drugs

Could I speak to  
somebody?

Hi, my name is Sam  
and I'm the school  
nurse on duty today.  
What would you like to  
talk about?

I think I need advice on  
what to do

I can't help feeling sad at  
the time, what I've always  
at I do is cry?

**If you're aged  
11-19 and  
want confidential, friendly,  
helpful advice, text  
a school nurse on  
07507 333 351**

We do not currently collect your name, address or phone number if you contact the school nurse. We will inform you if we are contacted about your child, but we will not pass on your name. Your messages are stored and may be seen by other healthcare staff who follow the usual confidentiality rules. We are not able to give advice on anything else and you should get an immediate response back to the school. You should not use the service outside of school working hours. If you need help outside your hours, then call NHS 24 on 111 or your doctor. Our text number does not monitor when you are using the service. We do not collect any data from the service. The service is only available to those who have been identified as being at risk of self-harm, sexual health, and mental health issues. Please do not use the service if you are not at risk. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Internet Matters (UK)

[www.internetmatters.org](http://www.internetmatters.org)

Institute of Health Visiting (UK)

<https://ihv.org.uk>

Parent Zone (UK)

<https://parentzone.org.uk>

Parenting for a Digital Future (international)

[www.parenting.digital](http://www.parenting.digital)

UK Safer Internet Centre (UK)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)