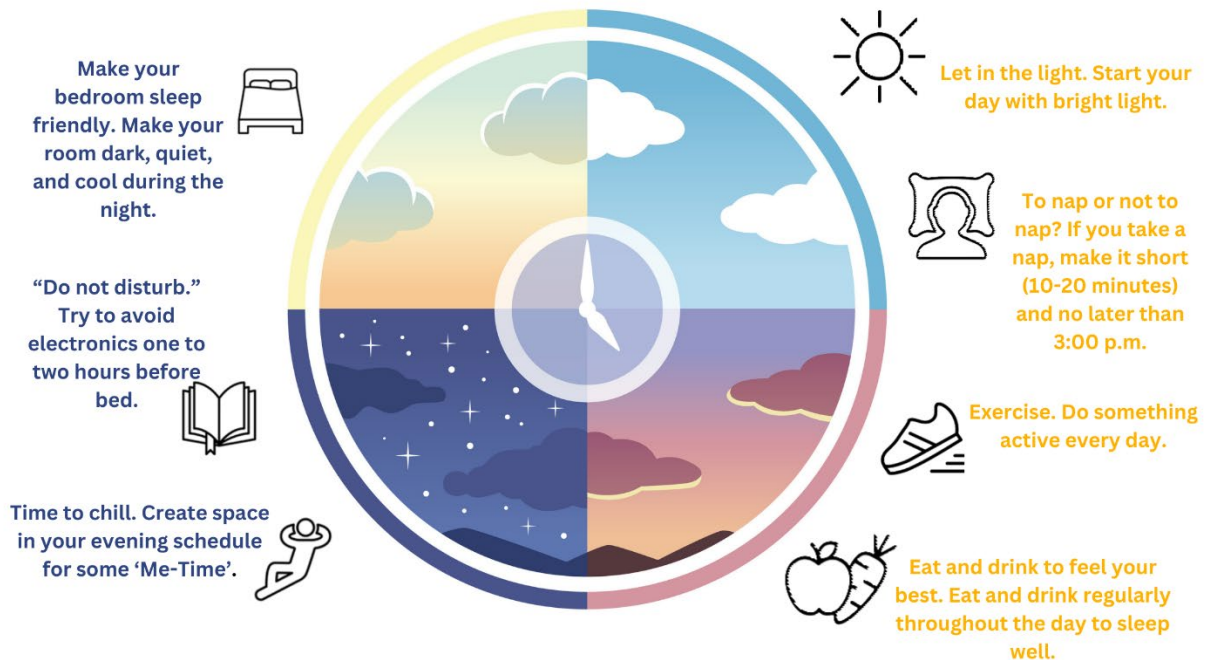


# WEEK FOR BETTER SLEEP SEMAINE POUR MIEUX DORMIR

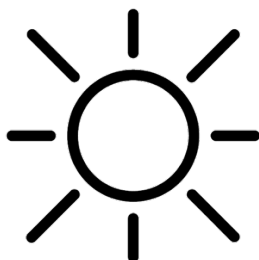
## Youth Tips Summary



## Your whole day matters

# Day 1 Sleep Tip:

## Let in the light



### Start your day with bright light.

Good morning sunshine! Did you know that during youth, the body's internal clock runs a little later? This makes it so that teens and young adults have a natural tendency to want to go to bed later at night and to wake up later in the morning. Your body's internal clock uses light to help you feel awake during the day and to feel sleepy at night. You can make getting up earlier a bit easier for your body by getting some sunlight or other bright light every morning.

Open the curtains when you first wake up to let in the light (you could even leave them open at night so that your bedroom will already have natural light before you wake up. This will make the transition easier!). If you are up and on the go before the sun, spend time in a brightly lit room to wake up your brain and get it ready for the day. For the most impact, try to spend time near windows or outside early in the day.

Bright light in the evening lowers your sleep hormones and makes your brain more awake. TVs, computers, phones, and tablets all have screens that are like mini-lamps. Using these devices in the two hours before bedtime can make it harder for you to fall asleep. If you really need to use them, use an orange filter to lower the impact on your body clock (there are several apps you can download on your phone/tablet or computer for that purpose).

## Day 2 Sleep Tip: **Exercise**



### **Do something active every day.**

Getting 60 minutes of energetic exercise daily will help you sleep better at night and feel better during the day. You don't have to do all 60 minutes at once. Choose activities that you enjoy and that get your heart rate up, such as jogging, biking, swimming, or any sport that keeps you moving. You can use any occasions to move during the day, like getting off the bus one stop before your destination or taking the stairs rather than the elevators.

If you've been sitting for a long time, moving around can help boost your energy levels. Remember that exercise during the day helps you sleep, but you should avoid exercise for at least one hour before bedtime — otherwise, it can keep you awake.

Learn more about Canadian movement guidelines for [youth who are younger than 18 years old](#) and for those and those who are [18 years or older](#).

# Day 3 Sleep Tip:

## Eat and drink to feel your best



### Eat and drink regularly throughout the day to sleep well.

Good food, good mood! Try to have regular meals throughout the day and avoid sugary, salty, or fatty foods, especially a few hours before bed.

Did you know that caffeine can stay in your system for over 10 hours? Avoid caffeinated foods and drinks, such as coffee, tea, soda, and chocolate, for at least six hours before bedtime. Avoid alcohol, nicotine, and cannabis, all of which can disrupt healthy sleep in youth.

Try your best to eat something healthy in the morning, soon after you wake up, to get your body and brain started. Carry around healthy snacks for busy days or between classes to give yourself an energy boost. Sometimes we feel tired or hungry because we need to drink more water. Having a refillable water bottle with you is a great idea.

## Day 4 Sleep Tip: To nap or not to nap?



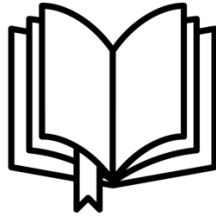
**If you take a nap, make it short (10-20 minutes) and no later than 3:00 p.m.**

Napping can be very helpful. For example, a nap after you studied or learned something new can help strengthen your memory. However, for those who have sleep issues, napping may make it harder to fall asleep at night.

If you nap, set an alarm for no longer than 20 minutes and take it as early as possible in the day. One of our natural body rhythms is called the "sleep drive". It is low in the morning, and it increases over the day and evening until you fall asleep. Longer naps and naps late in the day reduce your sleep drive. This can make you less sleepy at bedtime, resulting in difficulty falling or staying asleep.

Most of us will have a dip or slump in energy after lunch. Wake yourself up by going for a walk, having a drink of water, or dancing to your favorite song can all help. Have a plan for how you are going to manage your energy dip instead of waiting until you are feeling really tired.

# Day 5 Sleep Tip: “Do not disturb”



## Try to avoid electronics one to two hours before bed.

Night night, sleep tight! Watching TV or playing video games before bed can make it hard for you to fall asleep. Try to turn off your electronics at least one hour before bed and set your phone to night mode or do not disturb.

One trick is to set an alarm to remind you to turn off your devices. If you find it hard not to use your phone or other electronics before bed, try placing them in a spot away from your bed or in a different room. You could also make a deal with your friends to chat in the morning rather than in the evening.

Before bedtime, try activities that won't disrupt your sleep, such as reading a book, listening to music, or drawing.

# Day 6 Sleep Tip: Time to chill



## Create space in your evening schedule for some “Me-Time”

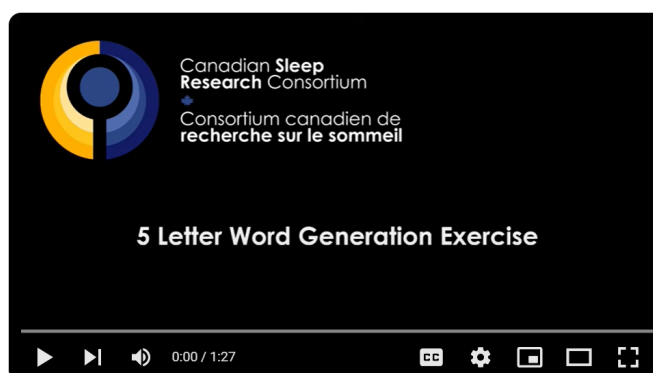
Take time to chill out. If you have lots of energy before bed, try stretching or guided meditation to help your mind and body feel calm and ready for bed. Try writing down things you must remember or are worried about before going to bed, and then practice letting them go.

We invite you to try a breathing exercise now that you can practice during the day before putting it into practice in the evening:

Click on here to hear the breathing exercise:



There are also distraction techniques to quiet your mind if your thoughts are keeping you up. For example:



Learn more about [relaxation techniques](#) to help you wind down, or [distraction techniques](#) to quiet your mind if your thoughts are keeping you up.



# Day 7 Sleep Tip: Make your bedroom sleep- friendly



## Make your room dark, quiet, and cool during the night.

Bed is for sleeping! Make sure you are comfortable when in bed. You'll get your best sleep if your room is dark, quiet, and cool (about 18 degrees).

Use blackout curtains to reduce the light entering your room at night. If you want a nightlight, choose one that is dim and yellow or orange. If your room is noisy, you could try using white noise such as a fan or the sound of falling rain to help you fall asleep.

Going to bed and waking up at the same time every day can also help you fall asleep faster and make it easier to get going in the morning. Teenagers need about 8-10 hours of sleep per day. Young adults need 8-10 hours of sleep per day.

Thank you for joining *Week for Better Sleep!*

For additional resources visit our website at [researchsleep.ca](https://researchsleep.ca).