

# Helpful Tips for Teens

**Avoid**



Turn off any kind of screen an hour before bed



**Try**



Read a book or magazine



Avoid overstimulating bedrooms



Have a sugar free snack 30 minutes before bed like toast or cereal



Don't have sugary drinks or snacks



Try warm milk, water or herbal teas



Avoid vigorous exercise before bed just stick to during the day



Have an hour of relaxation before bed in a calm, device free bedroom



Psychology and Well-being Service  
Children, Young People, Education and Skills

