

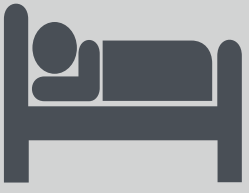
# Is Screen Time Affecting Sleep?

## Tips for Teens



Screen time is the time you spend using any screen. This includes: smart phones, TV, tablets, computers, video games, or wearable technology.

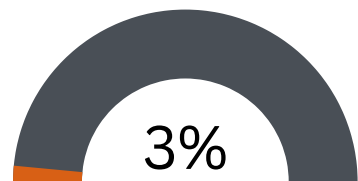
### Canadian 24-Hour Movement Guidelines Suggest:



- Teens (14-17 years) need **8-10** hours of sleep daily.
- Teens should have no more than **2 hours** of recreational screen time a day and spend a short amount of time sitting.



39% of teens in grades 9-12 are meeting the National guideline of 8+ hours of sleep per night.



3% of teens in grades 9-12 are meeting the National guideline of 2 hours or less of recreational screen time a day.

Source: 2021-2022 COMPASS Survey: Windsor-Essex.

## 6 Steps to Switching Off Your Screens



### Pick a Time

Decide a time you will be powering off your screens each night



### Shut Down

Put your devices in a safe place where you will not see them.



### Give Notice

Tell your friends and family that you will be shutting down your device for the night.



### Stick With It

You may fear you are missing out without your screen, but it is important to stick to your goal.



### Plan Ahead

Pick a calming activity to do instead of using your screens.



### Get Support

Challenge a friend/family member to cut down on their screen time, to help keep each other on track.

## Tips to Improve Your Sleep



**Work out:** Exercise daily, but make sure to finish a few hours before bed so you have time to relax.



**Try a calming activity:** Instead of using your screen before bed, like taking a warm bath, reading, listening to calming music, or stretching.



**Write in a sleep diary:** A sleep diary can help you track your sleep habits and figure out what you need to do to sleep better.



**Watch the Better Sleep Video Series:** The series talks about a variety of sleep topics and tips if you are struggling with your sleep.

