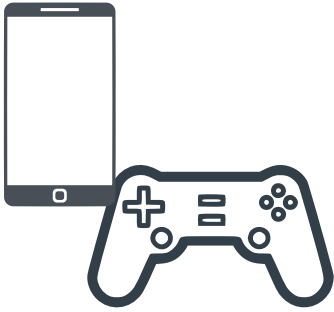


Is Screen Time Affecting Sleep?

Tips for Teens



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

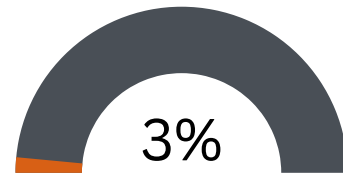
Canadian 24-Hour Movement Guidelines Suggest:



- 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.

For more information on sleep visit the health unit website.



6 Steps to Switching Off Your Screens



Pick a Time

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



Give Notice

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



Plan Ahead

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



Shut Down

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



Stick With It

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



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.

