

# RECOMMENDATIONS FOR REGULAR SLEEP

## SCHOOL-AGED CHILDREN AND ADOLESCENTS

Adolescents often face a lack of sleep, as it is often typical for you to go to bed late and get up early due to obligations (mainly school). Socializing, which makes many of you go to bed late, especially on weekends, also contributes to this.

NIJZ  
National Institute  
of Public Health



### HOW TO SATISFY THE NEED FOR SLEEP DESPITE THAT?

#### LIMIT THE USE OF SCREEN IN YOUR BEDROOM

Remove electronic devices from your bedroom and do not use them at least 30 minutes before bedtime. Blue light emitted by the screens interferes with your sleeping process.



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#### PHYSICAL ACTIVITY FOR BETTER SLEEP

During the day, be as physically active as possible (at least one hour per day), but not just before bedtime.



#### LIMIT YOUR CAFFEINE INTAKE

Avoid caffeine, which is found in coffee, some teas, refreshing and energy drinks, and dark chocolate, at least 4 hours before bedtime.



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#### NO SNACKS BEFORE BEDTIME

Avoid snacks and too small or too big meals before bedtime.

#### GOOD AND REGULAR ROUTINE BEFORE BEDTIME

Provide a good sleep routine (e.g. dinner, personal hygiene, relaxing) with a constant hour of evening sleep.



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#### SLEEP FRIENDLY BEDROOM

Your bedroom should be comfortable, quiet, peaceful and dark, well ventilated and not too warm (18 do 20 °C).

#### DISCUSS YOUR PROBLEMS

Discuss your problems with a person you trust.



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#### AVOID SLEEPING IN DURING THE WEEKENDS

Maintain a regular sleep rhythm and wakefulness throughout the week and avoid sleeping in during the weekends.