parents: help your teens on the road to good nights & better mornings

1) Set a consistent bed-time and wake-time for your teen (even on weekends) that allows for at least 8.5-9.25 hours of sleep each night

2) Encourage your teen to establish a relaxing bedtime routine that includes pleasure reading, taking a bath or listening to music

3) Set up a bedroom for your teen that is cool, dark and quiet

4) Keep the television, computer and cell phone in the living room or den instead of your teen’s bedroom – these high tech gadgets are often “sleep stealers”

5) Help your teen to cut out caffeine after lunchtime

6) Create an environment that allows your teen to get into bright light in the morning and avoid it in the evening

7) Be a good role model – talk to your teen about the importance of sleep and set the tone by making sleep a priority in your life