

**Sleep well  
be well**



**Sleep can  
be pretty  
hard work**

**Not sleeping well can  
make people feel bad**

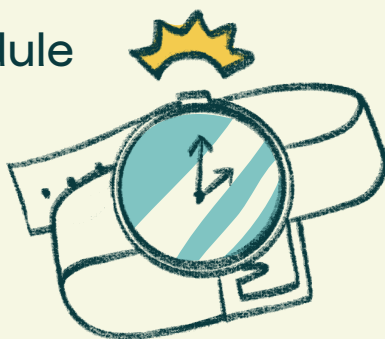
They can be grumpy or sad  
or have worries. As one  
youth says, "everything  
except good feelings!"



## HERE'S WHAT YOU CAN DO

**Try to target  
a regular schedule**

Waking up, having  
meals, and going  
to bed around the  
same time every day.



**Avoid screens  
before bed**

Turn off phones,  
tablets, computers,  
and TVs an hour  
before bed time.  
Set a timer to help  
you remember!



**Fitting in daily  
physical activity**

Anything that  
gets you moving:  
dancing, gym  
class, sports,  
and playing in  
the park.



**Find what calms  
you before bed**

It's different for everybody.  
Here are some ideas to try:

- ☐ Bath or shower
- ☐ Read a book, comic, or magazine
- ☐ Listen to an audiobook
- ☐ Create a drawing
- ☐ Listen to relaxing music

**Create a comfy  
sleep space**



- ☐ Keep your room dark or use low light
- ☐ Listen to relaxing sounds  
(some like noise machines)
- ☐ Use soft blankets that aren't too hot