



Back-to-school sleep tips

Here are 10 sleep tips to help your family start the school year strong:

- 1. Stick to a routine.** A bedtime routine tells your body it's time to wind down. Try calming activities like reading before bed—and keep the schedule consistent on school nights and weekends.
- 2. Move early.** Exercise improves sleep, but aim for morning or after-school activity and finish workouts at least three hours before bedtime.
- 3. Nap smart.** If you need a nap, keep it short (under 30 minutes) and before 5:00 p.m. to avoid disrupting nighttime sleep.
- 4. Create a peaceful space.** Make bedrooms calm and clutter-free. Keep screens and homework out of bed, and aim for a cool, dark, and quiet environment.
- 5. Watch what you eat and drink.** Avoid caffeine and heavy meals close to bedtime. If you're hungry, choose light snacks like veggies or fruit.
- 6. No screens before bed.** Blue light from phones, tablets, and laptops can mess with your body's sleep signals. Power down devices 30-60 minutes before bedtime and try something calming instead—like reading or listening to music.
- 7. Manage stress.** Worries about school and life can keep you up. Before bed, jot down your to-do list and any lingering thoughts, then set them aside for tomorrow.
- 8. Turn the clock around.** Watching the clock can make falling asleep harder. Turn it away so you can relax.
- 9. Wait till sleep comes.** If you can't fall asleep after about 20 minutes, get up and do something calming—like journaling or gentle stretching—until you feel tired.
- 10. Get natural light.** Daylight helps regulate your sleep-wake cycle. Open the blinds in the morning and spend time outdoors whenever you can.



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