

Name: \_\_\_\_\_

Self Sleep Study

Date: \_\_\_\_\_

Chart your sleeping patterns and rate your feelings for the next 9 days.

DATE	Activities in the hour before bed:	Bedtime	Wake Up Time	How how I felt throughout the next day:
<b>EXAMPLE</b>	<b>television, reading, texting</b>	<b>9:15 pm</b>	<b>6:45</b>	<b>morning was a struggle, no energy; some energy after lunch; sleepy after school</b>
March 27 (Thursday)				
March 28 (Friday)				
March 29 (Saturday)				
March 30 (Sunday)				
March 31 (Monday)				
April 1 (Tuesday)				
April 2 (Wednesday)				
April 3 (Thursday)				
April 4 (Friday)				

Name: \_\_\_\_\_

Self Sleep Study

Date: \_\_\_\_\_

## **Help your teen sleep well**

- Talk to your teen about why it's important to go to bed at the same time every night and wake up at the same time every morning.
  - Children who don't get enough good quality sleep may have trouble learning and developing socially. They may be tired during the day and not able to pay attention in school.
- If your teen is going to bed at a very late hour, teach him or her how to change bedtime a little at a time. Suggest that your teen go to bed 15 minutes earlier each night until the best bedtime is reached.
- Have your teen keep his or her bedroom quiet, dark, and cool at bedtime. It's best to remove the TV, computer, telephone, or electronic games from your teen's room.
- Encourage your teen to manage his or her homework load. This can prevent the need to study all night before a test or stay up late to do homework.
- If a teen has trouble waking up in the morning, ask what you can do to help.
  - Offer to wake him or her.
  - Offer to check to make sure your teen got up when the alarm went off.
  - Offer to turn on a bright light in the room when it's time to get up.
- Teach your teen to avoid caffeine (found in soda pop, energy drinks, coffee, tea, and chocolate) after 3 p.m.
- If your teen is overweight, work with your teen to set goals for managing his or her weight. Being overweight can be linked with sleep problems.

Source: <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=abh0127>