

#1. Stick to a Consistent Sleep Schedule



- Go to bed and get out of bed at the same time each day
- Create a bedtime routine. Ex: shower, put on pajamas, and brush your teeth
- Set a time for lights off and give yourself time to wind down

#2. Create a Restful Environment



- Keep your sleeping area cool, dark, and quiet
- Keep your bed clean
- Reduce noise: silence cell phone calls and nonessential alerts
- Avoid watching TV or working in the sleeping area

#3 Limit Daytime Naps



- If you need naps during the day, aim for less than 30 minutes
- Naps may decrease your sleep duration at night
- Too many naps during the day can disrupt your sleep routine

6 Tips for Establishing a Healthy Sleep Routine

The American Academy of Sleep Medicine recommends adolescents to get **8 to 10 hours** of sleep each night. However, 73% of high school students do not receive adequate sleep.



SJSU
HEALTHY
DEVELOPMENT
COMMUNITY
CLINIC

By Van Huynh

#4. Do not eat a big meal too close to bedtime



- Evening meals make it more difficult to fall asleep and stay asleep
- Finish your last meal at least three hours before bed

#5. Engage in Daily Physical Activities



Regular physical activity (5 times per week) is one of the best ways to have a good night's sleep and improve sleep length and quality. Some examples of exercises include:

- Yoga
- Pilates
- Walking

#6 Maintain a Healthy Diet



A healthy diet helps your body absorb proper nutrients that promote adequate sleep. Here are a few healthy foods to consider:

- Almonds
- Kiwi
- Walnuts
- Fatty fish
- Turkey