

Sleep for youth

Youth ages 14 to 17 should get 8 to 10 hours of uninterrupted sleep each night.

Move more, sleep well:

Sleep is just as important as being active! The benefits of physical activity are increased when paired with sufficient sleep. Getting enough sleep helps you manage stress, improve learning, and engage more effectively in school and at home.



Tips for a good night's sleep:



Stick to regular bed and wake-up times (even on weekends).



Create a sleep-friendly space: dark, quiet, cool and free of screens.



Establish a relaxing routine 30 minutes to 1 hour before bed.



Be active during the day; reduce time spent sitting.



Limit screen time during the day and avoid screens at least 1 hour before bed.



Avoid large meals, caffeine, alcohol and nicotine before bed.



Sweat
1 hour daily



Step
Several hours



Sleep
8 to 10 hours

When you practice healthy sleep habits and limit screen time, it leads to better sleep.

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