Catching Z’s is Easy!

Aim to get at least 8 hours of sleep each night

Sleep and Screen Time
- Just like your phone, your body needs to recharge too!

WHY DO WE NEED SLEEP?
- Improves memory
- Increases concentration
- Helps us recharge and feel energized
- Improves our mood
- Helps our bodies grow

Blue light from electronic devices reduces melatonin, the sleep hormone in our bodies
  - You could have trouble falling asleep
  - Can lead to poor concentration in school the next day
- Notifications and vibrations on devices can also interrupt

Remember...
- Try to avoid screen time at least one hour before bed

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. Created by UConn Dietetics student Emily Gniado
Tips for Getting A Better Night’s Sleep:

- Have the same bedtime each night
- Staying active throughout the day will help you feel more tired at bedtime
- Avoid sugary drinks and caffeinated beverages, especially right before bed.
- Be sure to drink plenty of water too!
- Try relaxation techniques such as deep breathing, meditation and guided imagery by focusing on a calming image or story.
- Avoid distracting lights or noises at bedtime by placing devices away from your bed or in a different room.