

## Why getting sleep is a big deal for stress

Think about your sleep habits. How many hours of sleep do you typically get each night? Do you feel well rested in the morning?

Sleeping well is so important because it really affects your stress levels. If you don't get enough sleep, you can feel more stressed out, and being stressed can disrupt your sleep, making this an ongoing loop. Teens should aim for 8-10 hours of sleep each night, according to sleep experts at the American Academy of Sleep Medicine.

### TIPS TO HELP YOU CATCH THOSE Z'S

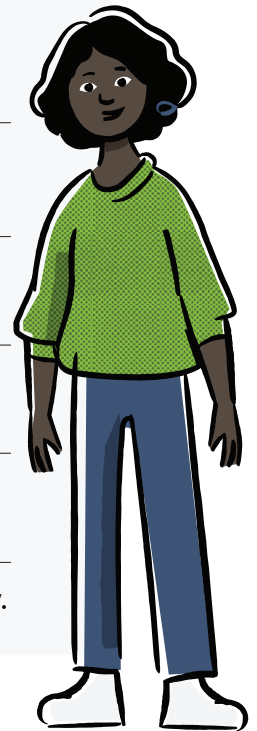
Stick to a Schedule: Try to go to bed and get up at the same times every day.

Make Your Room a Sleep Haven: Keep your bedroom quiet, dark, and cool.

Chill on the Screens: Cut down on screen time before bed, and try not to keep electronics in your room.

Watch What You Eat and Drink: Avoid big meals and caffeine before bedtime.

Stay Active: Regular exercise can help you sleep more soundly.



Do you stay up scrolling on your phone in bed? It's an easy habit to start, but screens keep people more alert, and don't give the body its normal cues to slow down. By having all these external lights and things going on, it can also be overstimulating. Taking a screen break before bed can help you unwind.