

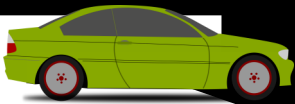
HIGH SCHOOL guide to

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SLEEP HEALTH

GET THE FACTS:

Car accidents are the #1 cause of death for teenagers, and lack of sleep is associated with increased accident risk in teen drivers.



Teens who stay up late on week-nights gain more weight over time than their early-to-bed peers.



Less sleep is associated with poorer test scores and reduced academic performance.

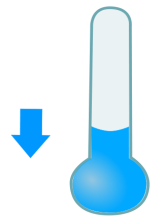


Insufficient sleep in teens is associated with increased risk for depression, anxiety, irritability, defiance, and impulsivity in teens.



Turn your phone on silent mode when you sleep. Avoid using your laptop, tablet, or phone in bed.

Create a sleep promoting environment. Limit light and noise and **set your bedroom temperature between 60-67°F.**



Open blinds to natural light in the morning to help your body wake up and **limit light from screens at night.**

Set a regular bed-time with sufficient time (8-10h) for sleep, and try to be consistent on week day and weekend nights.



MAKE A CHANGE!

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