



Simple Steps to Better Sleep

- Use bedtime or sleep mode to silence notifications and alerts.
- Create a central charging place outside of bedrooms.
- No screens at least an hour before bedtime.
- Use a simple alarm clock instead of your phone.

Why Sleep is Important

- Sleep is essential to physical health and mental wellbeing.
- Not getting enough sleep can affect brain development, concentration and learning.
- Lack of sleep can lead to mood swings, anxiety, depression, and other mental health concerns.

Why it matters

- 3 in 4 teens do not get enough sleep.
- 7 in 10 adults use screens in bed.
- Screen use before bed is linked to less sleep and poor quality sleep.

Rethinking Common Habits

My phone is my alarm clock.

- A simple alarm clock can do the same job without the notifications, alerts, and temptation that can interrupt your sleep.

My phone helps me relax.

- Scrolling or watching videos before bed can keep your brain alert instead of calming it down.

I am used to having my phone close.

- Phones are designed to keep you scrolling. Moving your phone further away can help limit temptations and improve sleep.

Learn more about this community campaign



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www.healthyscreenhabits.org
www.screensense.org