

Emerging Minds

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Teen sleep during COVID-19

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Keep the bed just for sleep



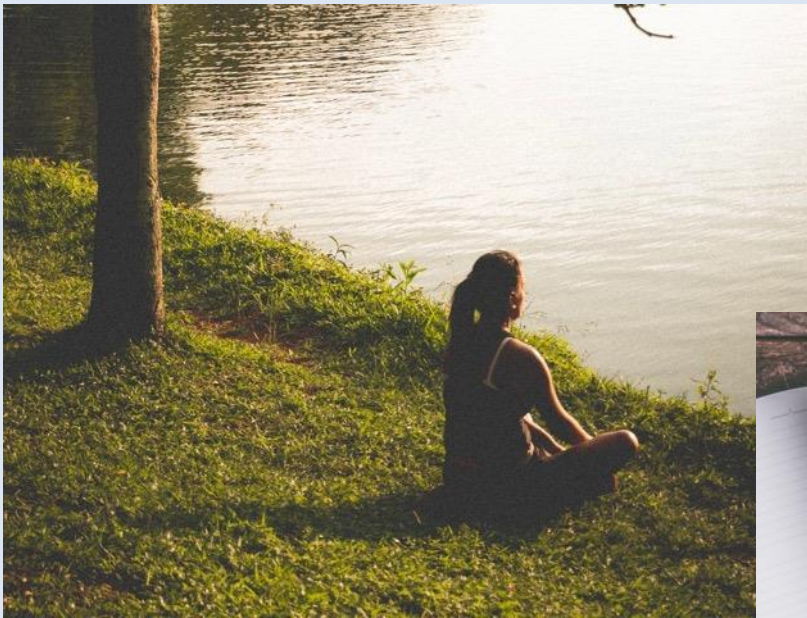
Keep a regular rise time and routine



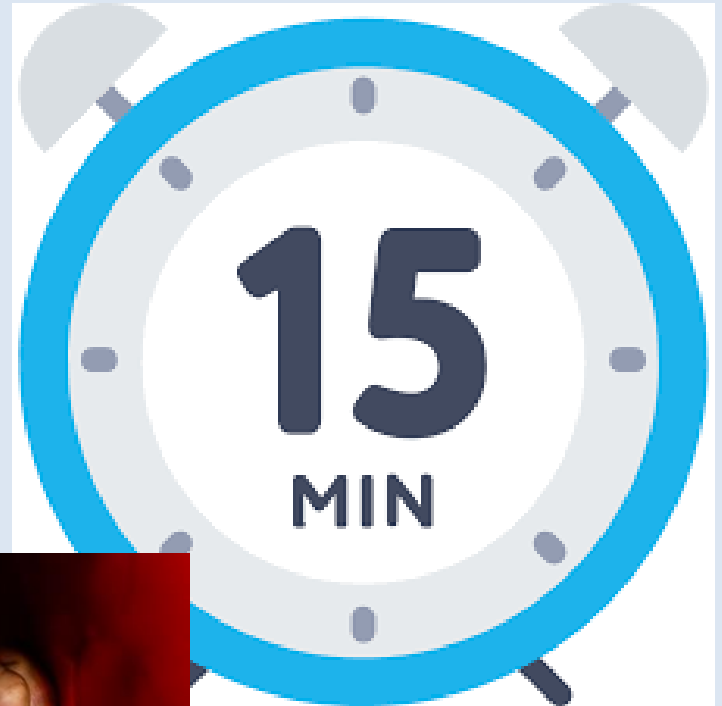
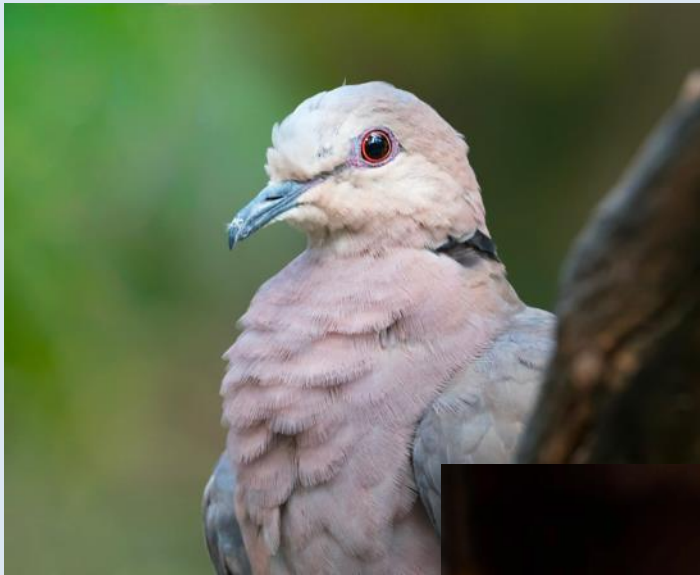
Napping and exercise



Winding down and putting the day to rest



Try not to try too hard



Term-time

9.00pm

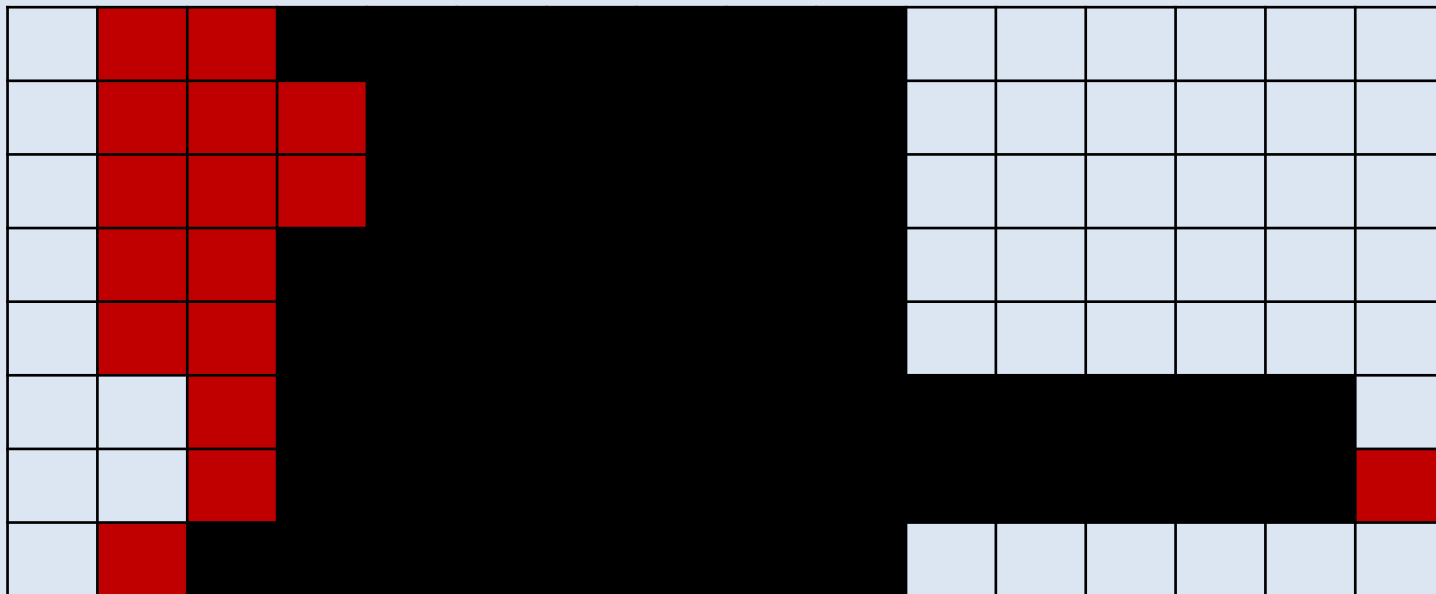
12.00am

3.00am

6.00am

9.00am

12.00pm



Awake in bed

Asleep in bed

Non-school time

9.00pm

12.00am

3.00am

6.00am

9.00am

12.00pm



Awake in bed

Asleep in bed

Recap on tips for good sleep

1. Keep sleep regular with a regular rise time and routine
2. Keep the bed and bedroom dedicated to sleep
3. Develop a wind-down routine to help sleep
4. Protect sleep from competing demands
5. Keep active to promote good sleep
6. Keep sleep for the night-time
7. Keep sleep the same on weekdays and weekends