

Sleep benefits the brain and promotes attention, memory, and analytical thought. It makes thinking sharper, recognizing the most important information to consolidate learning. Sleep also facilitates [expansive thinking](#)<sup>2</sup> that can [spur creativity](#)<sup>3</sup>. Whether it's studying for a test, learning an instrument, or acquiring job skills, [sleep is essential for teens](#)<sup>4</sup>.

## Top tips to get to sleep and sleep better



### Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



### Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.

[Video: Tips for sleeping better](#)



### Move more, sleep better

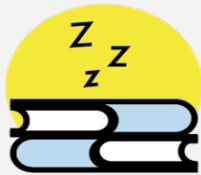
Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

[Better Health: Home workout videos](#)

Given the importance of sleep for brain function, it's easy to see why teens who don't get enough sleep tend to suffer from [excessive drowsiness and lack of attention](#)<sup>5</sup> that can [harm their academic performance](#)<sup>6</sup>.

<https://www.sleepfoundation.org/teens-and-sleep>.

## More top tips to get to sleep and sleep better



### Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



### Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

[Video: Tackle your worries](#)



### Put down the pick-me-ups

Caffeine and energy drinks can stop you falling asleep and prevent deep sleep. Try to cut out caffeine close to bedtime.