

How to get better sleep

If you have trouble getting out of bed in the morning, it could be because you're not getting enough sleep. For kids between the ages of 6 to 13, it's recommended that you get 9 to 11 hours of sleep each night. And teenagers should get 8 to 10 hours.

Good sleep is essential for your physical and mental health. Here's how you can encourage healthy sleep habits.

1

Set a consistent sleep schedule, even on weekends.



2

Limit technology and screen-time before bed – including TV, phones and video games.

3

Charge phones and tablets outside of bedrooms at night.



4

Get lots of exercise – being physically active during the day makes it easier to sleep at night.

5

After getting into your pajamas, take deep breaths to relax.

6

Bedrooms should be quiet, dark and relaxing.



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