Axklo

Screens and sleep

Sleep and screens fight each other. Here's how to keep the peace.

1. Try to put screens away **about an hour before bed**.
2. Notice how you feel after scrolling. If it's worse, that's useful information.
3. Every so often, look away, stretch and drink some water.
4. Your brain and body are still growing, and sleep is when that happens. Aim for 8 to 10 hours.
5. Leave your phone outside your room at night if you can. Nothing at 2 a.m. can't wait.
6. A late-night gaming or binge marathon feels great and costs double the next day.
7. Charge your phone away from your bed and use a real alarm clock.
8. Pick a time when work messages stop. Your brain needs off time.
9. Be the example. People copy what you do more than what you say.

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