Managing Screen Use for Healthy Sleep in Children

NATIONAL SLEEP FOUNDATION

theNSF.org
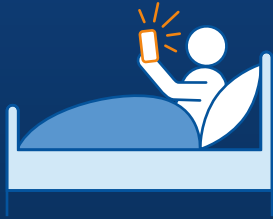
Use of screens by children and adolescents can disrupt their sleep

- Screen use before bed has the biggest impact
- Viewing exciting and engaging content can impair sleep

What can help reduce the effects of screen use on sleep health?

- Talk with children about how using tech and screens can impact sleep
- Set time limits around screen use, especially at night
- Supervise content at night: avoid stimulating or upsetting material
- Implement early, regular, and relaxing bedtime routines without screens
- Model appropriate nighttime screen use yourself

Decisions around appropriate screen use involve the whole family

- Work together on a plan that includes these recommendations
- Every family with children works differently
- Have a plan for both daytime and nighttime screen use

*NSF has small steps families can take during the day and night to be their **Best Slept Self**®*