



SleepShack

Gen Z's home of better sleep

KidsBlocker helps responsibly manage your child's night time use on electronic devices ensuring their valuable sleep is not eroded.

Other helpful tips from the *SleepShack* Team to help your teenager sleep better include:

- Try to have a regular weeknight bedtime which allows for 8 ½ - 9 hours sleep
- In the 30 minutes before bedtime, avoid all electronic devices and school work. Try to formulate a simple, relaxing pre-bedtime "wind down"
- Try to avoid doing non-sleep activities in or on the bed
- As much as possible, have no electronic devices in the bedroom at night. In particular, mobile phones and phone chargers should be in another room
- Ensure the bedroom environment is quiet, relaxing, dark, cool and that the bed and bedclothes are comfortable
- If despite all of this, your teenager exhibits behaviours like difficulties waking up on school mornings, big weekend sleep-ins and/or moodiness, you should consider undertaking [SleepShacks](#) unique online teen sleep treatment program.

Any questions, just email us via [SleepShack](#)

Dr Chris Seton, Adolescent & Paediatric Sleep Physician, Children's Hospital Westmead and [SleepShack](#) Founder

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