

Sleep Hygiene Guide The Neuroscience of Restorative Sleep for Teens

Why Sleep Matters for Your Brain

Sleep is not just "resting"—it's active neural engineering. While you sleep, your brain is busy cleaning, sorting, and building.



Memory Consolidation
 Moves short-term memories to long-term storage



Glymphatic Cleaning
 Flushes out toxic metabolic waste products



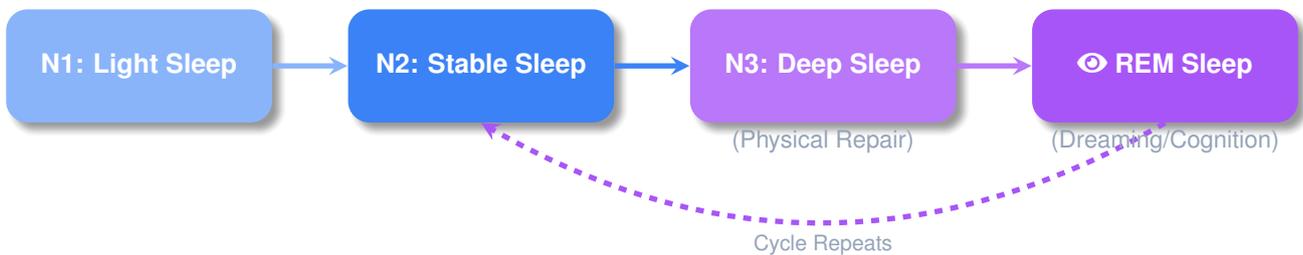
Emotional Regulation
 Resets the amygdala so you're less reactive



Growth & Repair
 Releases growth hormone for physical repair

The Sleep Cycle Architecture

A full sleep cycle takes about 90 minutes. You need 5-6 of these per night.



✓ The Sleep Hygiene Checklist

Transform your night with these science-backed habits.

🏠 1. Environment Optimization

- ✓ **Total Darkness:** Even a small LED light can suppress melatonin. Use blackout curtains or an eye mask.
- ✓ **The Cool Zone:** Set thermostat to 60-67°F (15-19°C). Breaking your body temp triggers sleepiness.
- ✓ **White Noise:** Use a fan or sound machine to mask sudden noises that jar you awake.

🌙 2. The "Digital Sunset" (Evening Routine)

- ✓ **Screens OFF (60m before bed):** Blue light tricks your SCN into thinking it's noon.
- ✓ **Dim the Lights:** Switch overhead lights off; use warm lamps to signal "dusk".
- ✓ **Low-Info Diet:** Avoid stimulating content (scary movies, stressful news, intense group chats).
- ✓ **Caffeine Cutoff:** No caffeine after 2 PM. It has a half-life of 6 hours!

⚙️ 3. Morning Habits for Better Sleep Tonight

- ✓ **Seeing the Light:** Get bright sunlight in your eyes within 30m of waking. This anchors your circadian clock.
- ✓ **Wake Up Consistency:** Wake up at the same time every day (± 30 min), even on weekends. 'Social Jetlag' kills Monday energy.



Target: 8-10 Hours

Your developing brain needs more sleep than adults. Don't shortchange your potential!