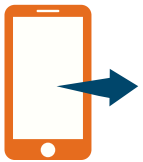


# Clean up your sleep hygiene

Is your phone keeping you up at night? With a few tweaks to your phone habits, you can wake up more refreshed and ready to start the day.



Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



Alarms aren't just for waking up – set a bedtime alarm to remind you that its time to wrap it up for the night.



If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



Tell notifications to buzz off if they are waking you up at night. Put your phone on "do not disturb" mode to block it all out when you are trying to sleep.



## How much sleep do you need?

Most adults need **7 to 9 hours of sleep each night**. Kids and teens need even more, but the average high school students gets only 6.5 hours per school night, and about 20% get five hours or less.

## Do you get enough sleep?



**One in seven** adults in the UK (14%) survive on dangerously low levels of sleep a night, under five hours'

Nearly **three quarters** of UK adults (71%) do not have the recommended seven to nine hours' sleep a night 23/03/23

## Your Health



**Poor sleep may put you at risk of developing:**

- Alzheimer's disease
- Cardiovascular disease
- Depression
- High blood pressure

**Poor sleep can cause:**

- Accidents
- Memory and cognitive issues
- Stress

