



SEPTEMBER FEATURE

Center on Sleep

STRATEGY 5

Limit recreational screen time!

DID YOU KNOW?

Studies have shown that screen use by children at is associated with later bedtimes and less time spent asleep. That's because our screen's blue light suppresses the production of melatonin, a hormone that promotes feelings of sleepiness!



ACTIVITY: SCREEN FREE WEEK AT HOME

See if you can “live the 2” by having less than 2 hours of recreational screen time a day! Take on the challenge with your family and spend that time playing fun games and getting active to get better sleep at night.

Tips: Don't watch TV during mealtime or right before bed, no TV or computers before chores and homework.

Alternate Activities: Explore free activities in your community, go to the park or library, cook together, play board games or put a puzzle together, go for a walk, play your favorite sport like soccer or catch!

