

The Wind Down

At least 30 minutes before your target sleep time, put your phone somewhere outside your bedroom. On a charger in the hallway, the kitchen, anywhere that isn't your nightstand. Not face-down. Out of the room.

Set the Boundary

Do one thing that tells your nervous system the day is over. Dim the lights. Make tea. Take a shower. Change into sleep clothes. It doesn't have to be elaborate, just consistent.

Signal your Brain

The ritual matters more than the activity

Most teens reach for their phone because the quiet feels uncomfortable. Replace it with something low-stimulation: a book, a journal, stretching, or just lying in the dark listening to the room. Let your mind wander.

Fill the Quiet

Notice the Change

After five nights, ask yourself: How quickly am I falling asleep? Do I feel less wound up at bedtime? Am I waking up slightly more rested? That data belongs to you and it's more convincing than any rule.

REFLECTION QUESTIONS

1. What do you typically do in the 30 minutes before you fall asleep? How does it usually make you feel?
2. Is there a specific app or type of content that tends to keep you up longer than you planned?
3. What's the hardest part about putting your phone away at night? What would make it easier?
4. When you wake up after a good night's sleep, how is the next day different?