



Stop Screens From Sabotaging Sleep Resource Sheet

Videos to Share With Kids and Teens About Sleep

- // **Teen Sleep**- an outstanding video to show your teens
- // Matthew Walker (neuroscientist)- TED Talk on **Why Sleep is Your Superpower** and **How to Improve Your Sleep**
- // **Sleep- Why it Matters & How to Get More of it**- a quick video on the importance of sleep

Sleep Calculators

- // **National Sleep Foundation Sleep Calculator**
- // **Nap Calculator**

Other Sleep Resources

- // Sleep diary- download and print a copy of a **sleep diary**
- // Baxter Blue- I personally use and recommend **Baxter Blue Glasses**. If you use the promo code 'drkristy' you'll receive free express shipping on your order.
- // Sleep Shack- an **online program** to promote healthy sleep with Australian paediatric sleep expert Dr Chris Seton.
- // **Why We Sleep** book by Matthew Walker- I highly recommend this book if you want to learn more about the science of sleep.
- // **Shleep App**- a great app to help promote sleep.
- // **Timeshifter**- an app for preventing jet lag.
- // **Oura Ring**- an ideal ring for adults interested in sleep habits and patterns.
- // **The Family Zone**- an Internet-filtering tool to help you set 'sleep hours' so children and teens cannot access Internet-enabled devices at specific times of the night.

Screen-free ideas before bed

- // Meditation or mindfulness apps- I recommend **Smiling Mind, Headspace** and **Calm**.
- // **Birde**- a screen-free smart media player.

