Beat the Screen

Most of us use our phones in bed sometimes, but this can become a nightly habit that's hard to break. If you're regularly staying up late on your screen and feeling tired the following day, it's time to make some changes.

Using the checklist:

1. Tick everything you are already doing (you're bound to be getting some things right already).

2. Pick two things from the 'I'm going to try this' list to work on.

3. Pick things you can change quickly and easily in order to start improving your sleep straight away.

Sleep Tip	I'm great at this already	I'm going to try this
1. **I have a plan for beating the screen** Making a plan when you're well-slept will help you beat the screen at bedtime when you're tired and your defences are low.	☐	☐
2. **I make it harder for myself to check my phone at night** Creating simple barriers like charging your phone away from your bed will make you less likely to check it during the night.	☐	☐
3. **I have a social media or gaming 'curfew' with friends** It can feel like we're missing out when our friends are online and we're not. Agreeing a time when you'll all be offline means you won't be missing out.	☐	☐
4. **If I use my screen in bed I switch the light on first** With the light on we tend to hold our phones further away from our faces, so the blue light has less impact on our sleep.	☐	☐
5. **I do a final social media check at night** This can help us feel like we're up-to-date, and can quit for the night.	☐	☐
6. **Before bed and in bed I avoid 'active' content** 'Active' content where we're liking or commenting has more impact on sleep than 'passive' content like watching a show on Netflix.	☐	☐
7. **I have told people about my Beat the Screen plan** Telling other people what you plan to do makes you more likely to do it.	☐	☐