RB HEALTH

THE BETTER SLEEP BLUEPRINT

A practical sleep plan for teens and parents

THE GOAL

Build a realistic sleep routine that supports energy, mood, learning and recovery.

1 Know Your Sleep Target

AGE 6-13	AGE 14–17	AGE 18-64
9–11 hrs	8-10 hrs	7-9 hrs

Start with the time you must wake up, then work backwards to allow enough sleep. Teen body clocks naturally tend to shift later, so consistency and realistic planning matter.

2 My Five Sleep Foundations

01

KEEP A STEADY RHYTHM

Choose a wake-up time you can maintain on school days and keep weekends reasonably close.

02

GET MORNING DAYLIGHT & MOVE

Get outside in morning daylight as soon as possible for at least 5 mins, and take regular ‘movement snacks.’ (short regular interludes of movement)

03

CREATE A WIND-DOWN

Set aside 30–60 minutes to slow down: hot shower to reduce body temp, read, stretch, listen to calm music, or prepare for tomorrow.

04

SET SCREEN, FOOD & CAFFEINE BOUNDARIES

Agree a device cut-off, ideally around an hour before bed. Avoid caffeine and energy drinks after lunchtime. Eat last meal 2-3 hours before bed.

05

MAKE THE ROOM SLEEP- FRIENDLY

Aim for a dark, quiet, comfortable, cool room. Reduce notifications, noise and bright light.

THE BETTER SLEEP BLUEPRINT

Your plan · Family agreement · 7-day reset

3 Build Your Sleep Plan

Choose a few actions you can genuinely repeat. Start small; add more only when the first changes feel manageable.

Our wake-up time	School days: _____ Weekends: _____
My bedtime routine starts at	Time: _____ First wind-down step: _____
My screen boundary	Devices off at: _____ Overnight charging place: _____
My morning daylight plan	I'll get outside for at least 5 mins, within _____ of waking up.
My sleep environment	One thing I'll improve: _____
My caffeine boundary (or skip it if it affects my sleep)	I will avoid caffeine after: _____

4 Our Family Agreement

CHILD / TEEN AGREES TO

- Choose realistic habits and give them a fair try.
- Tell a parent what is getting in the way.

Signed: _____

PARENTS / CARER AGREES TO

- Model healthy habits and keep expectations realistic.
- Help with boundaries without turning bedtime into a nightly argument.

Signed: _____

5 The 7-Day Reset

DAYS 1-2	DAYS 3-4	DAYS 5-6	DAY 7
Notice current sleep and wake times. No judgement, just get a baseline.	Choose one anchor habit, such as a steady wake time or phone cut-off.	Add one helpful habit, such as a wind-down routine or morning daylight.	Review what worked, what got in the way and what to keep next week.

Our one priority for next week: _____

How we'll know it's helping: _____