



Unplug Technology and Reboot Yourself!

LOL...OMG...IDK: Why am I so tired? Did you ever think that your nighttime pings, rings, and vibrates could be the reason why?

Have you ever sent an embarrassing text message that neither you nor your friend can understand because it looks like gibberish, or the one that's accidentally sent to someone who shouldn't have read it? Lack of sleep can cause you to send embarrassing texts. But more important, sending and receiving messages late at night can disrupt your sleep and leave you tired and unfocused when it's time for school. Studies show that lack of sleep, or interrupted sleep, can affect everything from your mood to your sports performance.



Give your "tech" (texts, emails, calls) a rest from bedtime until your alarm clock rings so you can rest.

Unplugging Tips!

1. **Log off your Snapchat, Instagram, Facebook, and email.** Pings in the middle of the night can interrupt your sleep — even if you don't get up to answer them. And, more than likely, if your friends see that you're logged out, they'll log out too.
2. **Turn off your cell phone (don't just set it on vibrate) when it's time for bed.** Buzzes can be just as loud as beeps or rings, especially late at night when everything else is quiet. Plus, if your friends have no one to talk to, maybe they'll be inspired to turn off their cell and catch some Zzzs, too.
3. **Get in the habit of powering off your computer — especially if it's in your room.** Sometimes just logging off your instant messenger or Facebook is not enough. Blinking lights and glowing screens can make it harder to fall and stay asleep.
4. **Get your cell phone out of your room completely.** Try charging your phone overnight in a separate room. While your cell battery is restoring, you can get the sleep you need to recharge your own battery. Having your cell in another room can reduce the chance that you'll use it during and after bedtime.
5. **Make getting enough sleep your way to look and feel good.** Getting sleep is a great way to look and feel refreshed and focused in the morning. To get the sleep you need, tell your friends you will receive your last text, email, or phone call an hour before bedtime. This way, they'll know their beeps or buzzes will have to wait.