1. Regular and consistent bed and wake up times each day. This will reduce daytime sleepiness and improve sleep quality at night, and regulate our body clock, which helps maintain a range of body functions.

2. Based on our environment and behaviour our brain releases serotonin when we wake up to make us feel alert and it releases melatonin to make us feel drowsy when we are ready for sleep. Consistency is the key to good sleep health – maintain your wake-up and bedtimes (within an hour) each day, including weekends. Don't play sleep catch-up on the weekend as it disrupts the body clock and leaves us feeling tired instead of refreshed.

3. Nine hours of sleep is recommended during adolescence. Go to bed between 10.00 pm and 10.30 pm.

4. Exposure to light helps regulate body clock. Exposure at the right time can increase alertness as well as improve coordination and mood. It's best to try to get 20 minutes of light exposure before 10.00 am and reduce light exposure after 9.00 pm. Before bedtime avoid major light exposure i.e. brush your teeth in dim or no light.

5. Get out of bed as soon as the alarm goes off. Sleep phases occur in 90 minute intervals so snoozing for 10 minutes can leave us feeling less refreshed.

6. No napping during the day. This can make it more difficult to enjoy good quality sleep at night and cause sleep deprivation.

7. Increase physical activity while the sun is up. Exercising in natural daylight improves sleep quality regardless of exercise intensity.

8. Avoid caffeine after 4.00 pm.

9. Make sure your bedroom is quiet, dark and cool.

10. Have a consistent routine before bed each night and when we wake up each morning. Doing the same thing trains our brain to associate being asleep and being awake with different cues – including having a shower or packing your bag before bed in the evening or getting up and going straight to the bathroom in the morning. Over time these cues become more powerful and help us sleep quickly and wake up refreshed.

11. Wind down before bed. No screen time, dim the lights and relax at least one hour prior to bedtime.

If you can’t fall asleep within 15 to 20 minutes:

- Get up and do something else like reading, but no screen time
- Return to bed when you are feeling calm and relaxed
- Keep your eyes open and briefly resist blinking. This way the eyes will want to close and encourage your body to sleep.
- If you still can’t sleep repeat the process.