

Is your kid struggling to sleep at night? Cut back on their screen time

Getting a good night's sleep is super important for kids & teens — but is constantly scrolling on their phone preventing that from happening? As much as we love our devices, we know by now that all that blue light can take a toll on your internal clock.

You don't have to ban screens altogether, but here's a couple tips to help them cut back.

EXPLAIN YOURSELF

Help them understand how blue light from screen time signals their brain to “wake up” when it's really time to sleep, and why it's important not to miss REM sleep.

LIMIT SCREENS IN THE BEDROOM

Set them up with an old-school alarm clock so their phone can stay out of their room, or in “Do not disturb” mode.

MODEL GOOD BEHAVIOR

Changing a habit is easier with support — set screen time rules that apply to your whole family, not just your kid. (You can do it!)

TAKE SCREENS OFF THE TABLE

Make dinner time a screen-free zone. Instead, use that time for the family to check in with each other about their day.

SET A SCREEN-FREE BEDTIME

Try not to make a screen the last thing your kid looks at before they sleep. Suggest relaxing activities for the hour before bed, like reading or listening to music.

GET EXTRA HELP

Kids of all ages struggle with unhealthy screen habits — if you notice your kid isn't engaging with family & friends IRL, dozing off during the day, or showing signs of depression, let their pediatrician know your concerns.

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