Teen sleep: our one-change experiment

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

This is a discussion and habit-planning sheet, not a sleep test or treatment plan. The teenager can decide which notes to share.

What would I like to feel easier?

Getting sleepy / settling worries / waking / daytime energy / something else: _____

What a difficult evening usually looks like: _____

Something that already helps: _____

Map the evening fairly

Fixed demands, including travel, homework or caring: _____

Time I want for friends or interests: _____

Noise, light or other practical difficulties: _____

Something an adult could help change: _____

Continue: Teen sleep: our one-change experiment

Choose one useful experiment

Change we will try: _____

When it will happen: _____

What the teenager will do: _____

What the adult or household will do: _____

Any alarm, accessibility or contact needs to plan around: _____

Example: “We will make the final hour quieter. I will choose an offline activity and the adults will keep the television volume down.”

A brief review

Date we will talk again: _____

Did winding down feel easier, harder or unchanged? _____

Did mornings or daytime energy change? _____

What got in the way? _____

Keep, adapt or seek advice? _____

Read Evelina London’s teenage sleep guidance for further information. If problems persist, daytime sleepiness is significant or there are breathing concerns, ask a GP or school nurse. Do not treat the worksheet as a reason to delay help or a way to blame someone for not sleeping.

Browse all free resources.

For ideas to use alongside this resource, read Teenage sleep: agree one helpful change together.