



Devices in a Heap

Get a Good Sleep!

Goal: Encourage positive sleeping habits for your family by having a box to hold electronics at night.

[Tip]: Choose a time each night to put cellphones, tablets, laptops, and gaming devices into a designated area outside the bedroom.

Why is this important? Turning your phone off 30 minutes to an hour before bed can improve sleep and productivity throughout the day.

Reference: Exelmans, L., & Van den Bulck, J. (2015). Bedtime mobile phone use and sleep in adults. *Social Science & Medicine*, 148, 93–101. <https://doi.org/10.1016/j.socscimed.2015.11.037>