Phone bedtime card

Tape this behind the kitchen charger

Phone plugs in: _____ **Lights out: _____**

Step 1 **Every phone on the shelf.**
Kids and grown-ups plug in outside the bedroom.

Step 2 **Reset for tomorrow.**
Backpack packed, water bottle ready, clothes laid out.

Step 3 **Shower, teeth, pajamas.**
Slow down with no pings pulling at you.

Step 4 **Read or listen until lights out.**
A cheap alarm clock handles the morning wake-up.

Same spot. Same time. No bedroom scrolling.

Screen break 1 hour before bed: U.S. Surgeon General, 2023

A bedtime routine for a tween with a phone

Worked back from wake-up time



7:30 pm — **The phone goes to bed first.**

Its charging spot is outside the bedroom. Same spot, every phone.

7:30 to 8:30 — **An hour with no screens.**

Shower, pack the bag, lay out clothes, then a book.

8:30 pm — **Lights out.**

Same time every school night.

7:00 am — **A real alarm clock wakes them.**

So the phone never needs to be by the pillow.

Slide the times to fit your family.

The hour before bed: U.S. Surgeon General, 2023

Idlewild

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What time should a tween go to bed?

Count back from wake-up time

Wakes up at	Lights out, ages 9 to 12	Lights out, age 13
6:00 am	8:00 pm	9:00 pm
6:30 am	8:30 pm	9:30 pm
7:00 am	9:00 pm	10:00 pm
7:30 am	9:30 pm	10:30 pm
8:00 am	10:00 pm	11:00 pm

The phone goes to its spot an hour before.

Sleep hours within the American Academy of Sleep Medicine's ranges, 2016