

UNPLUGGING TO RECHARGE

A GRIT & SPUNK IMPACT LAB 's GUIDE TO BETTER SLEEP

- Here's an uncomfortable truth: your phone is basically a tiny, glowing, notification-shaped gadget that is stealing your sleep.
- The good news? You're about to get it all back.
- Sleeping about 7 hours should be the norm.
- This guide is for teens, parents, grandparents, and everyone in between who wants bigger energy, better moods, and mornings that don't feel like a personal attack.
- *Let's unplug and recharge, for real this time!*



WHY SLEEP IS YOUR SUPERPOWER

Forget capes. Sleep is a powerful, totally free performance upgrade available to every human on Earth and to most of us running on empty. According to the CDC, more than a third of U.S. adults don't get enough sleep, and nearly 1 in 5 struggle to fall asleep. Sleep is not laziness, it's the maintenance that your brain, your body, and your mood need. Skip it and your world can go awry!

What great sleep does for you:

- Powers up your brain — sharper focus, better memory, faster reactions.
- Boosts your mood — less stress, less snapping at siblings, friends or coworkers.
- Defends your body — a stronger immune system means fewer sick days.
- Keeps your heart happy — supports healthy blood pressure and metabolism.
- Helps manage weight — well-rested bodies regulate hunger hormones better.
- Lowers big risks — cuts your long-term odds of type 2 diabetes, heart disease, high blood pressure, and stroke.

UNPLUGGING TO RECHARGE

A GRIT & SPUNK IMPACT LAB 's GUIDE TO BETTER SLEEP



HOW SOCIAL MEDIA AFFECTS YOUR SLEEP

Here's the plot twist; the thing lighting up your face at 11:47pm is working against your sleep on two separate fronts. It affects your biology and psychology. It's not just "bad habits." It's also chemistry.

Front #1: The Blue Light Problem

Phones, tablets, and laptops all emit blue light which is a short, energizing wavelength that tells your brain "stay awake!" When you scroll before bed, that light slows or stops your brain's release of melatonin, the hormone that's supposed to be ramping up to ease you into sleep. Less melatonin means it takes longer to fall asleep, and the sleep you do get is often lighter and less restorative.

Front #2: The Psychological Hook

Social media is not just bright, it's built to be 'un-put-down-able.' Every scroll, like, and notification triggers a little hit of dopamine, keeping your mind alert and engaged exactly when it should be winding down. Doomscrolling, cliffhanger videos, and "just one more" feeds keep your brain alert.



PROTECT YOUR SLEEP LIKE A PRO

Protecting your sleep is not boring self-care homework rather it's one of the boldest, highest-leverage things you can do for your brain, your body, and your mood. Good sleep habits are basically a cheat code: free, science-backed, and available to literally everyone tonight.

Here's your evidence-based, no-nonsense playbook & checklist:

- Set a digital sunset, power down screens 1–2 hours before bed.
- Charge your phone outside the bedroom and get an old-school alarm clock and your future self will thank you.
- Keep it cool, dark & quiet. Aim for a bedroom temperature between that is cool, block light with blackout shades, and mute noise with earplugs or a white noise machine.
- Same bedtime, same wake time. Consistency matters even on weekends. It keeps your body's internal clock locked in and makes falling asleep easier every night.
- Build a wind-down ritual, a warm bath, a good book, calming music, or gentle stretching signals to your brain: shotime's over, it's time to rest.
- Mind your caffeine, meals & alcohol. Cut caffeine by early afternoon, finish eating 2–3 hours before bed, and skip alcohol and nicotine close to bedtime as all three quietly wreck sleep quality.
- Move your body during the day. Regular exercise helps you fall asleep faster and sleep more deeply.
- Get real daylight. Morning sunlight helps set your body clock, so when night falls, melatonin knows exactly when to kick in.
- Use your bedroom for sleep and that's it. Keep work, TV, and screens elsewhere so your brain learns: bed means sleep.

FUN ACTIVITY

WHY SLEEP MATTERS

Protecting your sleep protects everything else including your mood, your grades or your job performance, your relationships, and your long-term health. It's not indulgent. It's foundational. Treat your bedtime like the one of the most important appointment of your day, because it probably is.

Talk to your healthcare provider if you have problems sleeping.

SLEEP BINGO

Ready to make better sleep a game? Print this card, tape it to your fridge or nightstand, and cross off a square every time you pull it off. Get 5 in a row (any direction) and declare yourself a certified Sleep Champion. Play solo or turn it into a family challenge loser makes breakfast.

Went to bed before 10:30	No scrolling after midnight	Charged phone outside the bedroom	Did a 5-min stretch before bed	Used Night Mode / Do Not Disturb
Read a book instead of scrolling	Room was cool, dark & quiet	Skipped caffeine after 2pm	Built a calming bedtime playlist	Went to bed the SAME time tonight
Took a warm bath or shower	Woke up without hitting snooze	FREE SPACE ★	Write in a journal before bed	Got sunlight first thing this morning
Put phone "to bed" 30 min early	Tried deep breathing or meditation	Skipped a heavy meal close to bedtime	Swapped scrolling for stargazing	Tidied your "sleep sanctuary"
Tried chamomile tea or warm milk	Moved your body / exercised today	No phone in bed at all tonight	Decoded a dream in a sleep journal	Felt genuinely refreshed this morning

REFERENCES:

1. Centers for Disease Control and Prevention (CDC). "About Sleep." cdc.gov/sleep/about
2. Mayo Clinic Staff. "Sleep tips: 6 steps to better sleep." Mayo Clinic, Jan. 31, 2025. mayoclinic.org
3. Soledar, Jessica. "Sleep hygiene: Simple practices for better rest." Harvard Health Publishing, Jan. 31, 2025. health.harvard.edu
4. National Sleep Foundation. "Sleep Tips." thensf.org/sleep-tips
5. National Sleep Foundation. "Screen Use Disrupts Precious Sleep Time." thensf.org
6. Johns Hopkins Medicine. "Natural Sleep Aids: Home Remedies to Help You Sleep." hopkinsmedicine.org