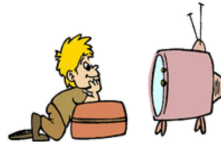


After School Choices

- Get homework done as soon as possible
- Do any exciting activities early in the evening
- Watch TV or use anything with a screen, early in the evening too
- **Don't have a nap**



Get your homework done and out of the way as soon as you can. This means you then have the rest of the evening to do the things you like and won't be worrying about not getting your homework done. Remember too that worrying about something can make it hard for you to get to sleep.

Do really exciting or interesting things like watching TV, exercising, playing games consoles and using social media to talk to friends early in the evening so that you will have time to wind down and relax quietly afterwards until it's time for sleep.

Don't nap when you get home from school because this can stop you getting to sleep easily at bedtime. Remember that one of the things that affects when you sleep is how long it is since your last sleep. If you had a nap only a few hours before bedtime, you won't feel as sleepy as you should when you do go to bed.