# Balance your screen time at night – 5 tips

The best strategy for improving sleep in our digital society is to create some good sleep rituals. Even small changes can have a remarkable effect on the quality of your sleep.

Remember that a good and prioritised sleep every night benefits your health, your appearance, and your intelligence.

### Ban your smartphone from the bedroom and get an alarm clock

With an alarm clock, you will not be disturbed unnecessarily during the night or be tempted to check your phone if you wake up.

### Try to go to bed at the same time every night

Get up and go to bed at the same time every day – including the weekend. This helps you balance your body clock and accustoms your body to feeling tired at the same time every night.

### Avoid non-sleep-related activities in the bedroom

It is a bad idea to work or answer e-mails in bed. The activation of your brain combined with the artificial screen light can prevent you from falling asleep. The bed should only be used for sleep – with the exception of sex, of course.

### Be physically active during the day

When we are physically active, it helps improve the quality of our sleep.
However, vigorous physical activity just before bedtime does not facilitate sleep.

### Make sure your bedroom is dark and not too hot

Investing in blackout curtains and ensuring a cool temperature are a very good idea.
The darker your surroundings are when you go to sleep, the deeper your sleep will be.

Source: Vidensråd for forebyggelse, søvn og sundhed, 2017