

Do Not Disturb – Sleep Challenge



A sleep guide
for young people



Welcome to the Do Not Disturb – Sleep Challenge



This booklet is your guide to better sleep in a digital world.

The **Do Not Disturb – Sleep Challenge** is a collection of simple, science-backed strategies designed to help you scroll less, sleep more, and feel better—without needing to overhaul your entire life.

Whether you're a young person, a parent or carer, a mentor, or just someone who wants to wake up feeling less like a zombie, this challenge is for you.



What's Inside

You'll find:

8 sleep strategies tested by young people

A self-check quiz to help you work out your sleep profile

Space to reflect on what works for you



How to Use It

1. **Pick a Strategy** to try this week —start small and stay curious.
 2. **Track your sleep** using your own notes and any sleep tracker app or device you own.
 3. **Reflect** on what helped (or didn't).
 4. **Share your story** with friends, family, or on social media using #ScrollLessSleepMore.
-



Do Not Disturb: Smart Habits for Sharper Sleep



Better sleep isn't just about going to bed earlier — it's about creating an environment and routine that supports your body and brain to rest well. This menu gives you **real habits + real tools** to help you sleep deeper, feel brighter, and get more done.





Strategies:



Strategy #1

Lock In Your Sleep Rhythm



Strategy #2

Get Bright Light in the Morning



Strategy #3

Wind Down Without Screens



Strategy #4

Mindful Mind, Restful Body



Strategy #5

Upgrade Your Sleep Space



Strategy #6

Let Sleep Come Naturally



Strategy #7

Build in Daily Brain Breaks

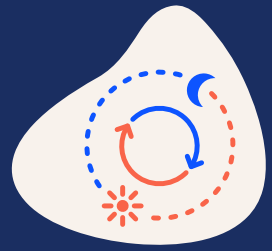


Strategy #8

Reflect, Don't Obsess

Strategy #1

Lock In Your Sleep Rhythm

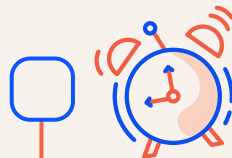


Why it helps:

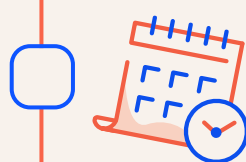
A regular wake-up time anchors your body clock, improves energy, and makes sleep come more naturally at night

How to do it:

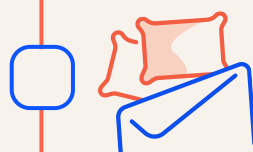
Use an old-school alarm clock (so your phone stays outside your bedroom).



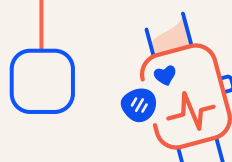
Wake up **at the same time every day** (within 30 mins), including weekends.



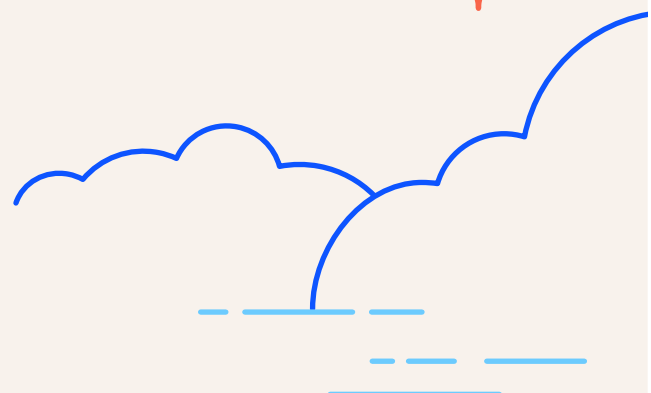
Aim for **at least 8 hours in bed** to give your brain time to recharge.



If you use a **Fitbit or sleep tracker**, check how much time you're actually asleep — not just in bed.

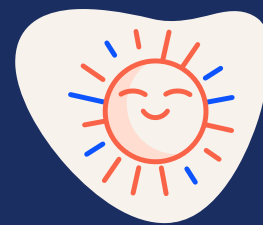


Use a sleep tracker to check actual sleep time.



Strategy #2

Get Bright Light in the Morning



Why it helps:

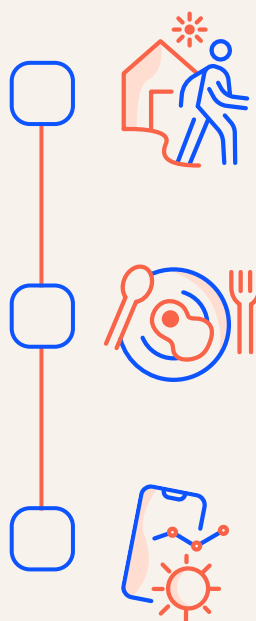
Natural light in the morning resets your melatonin cycle and helps you feel sleepy at night.

How to do it:

Step outside for **20–30 mins in natural light** soon after waking — even on cloudy days.

Combine it with breakfast, stretching, or a short walk.

Sleep tracker tip: You'll likely see better sleep efficiency when you get consistent morning light.



Even cloudy days count!

Strategy #3

Wind Down Without Screens



Why it helps:

Blue light and digital stimulation can confuse your brain into staying alert. A calm wind-down gives your body time to switch gears.

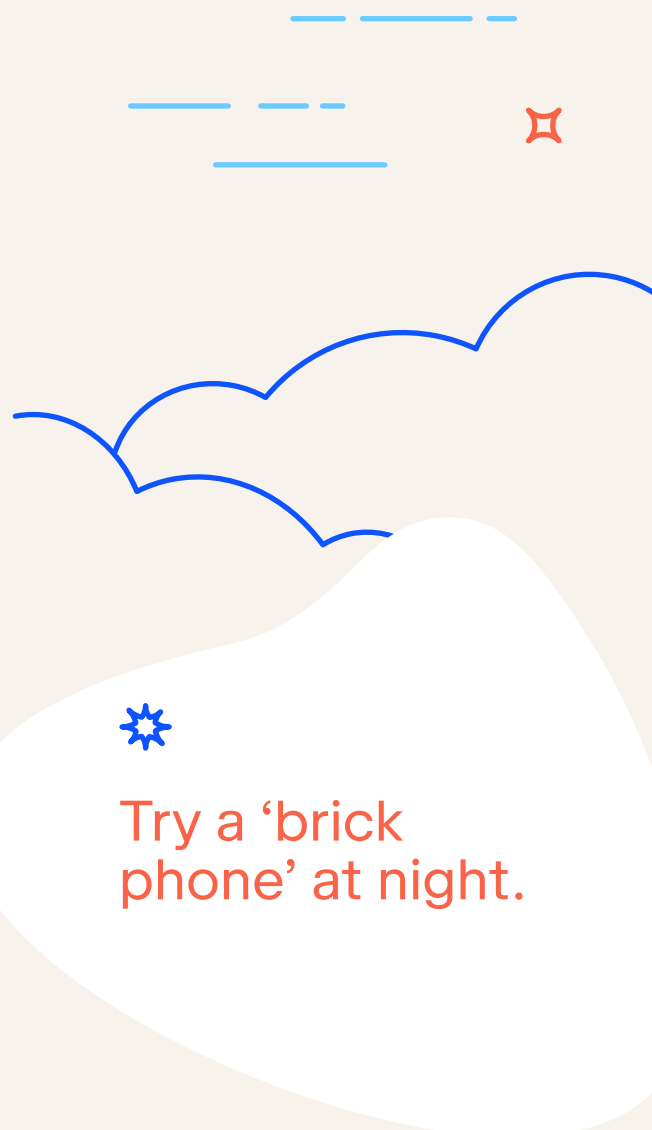
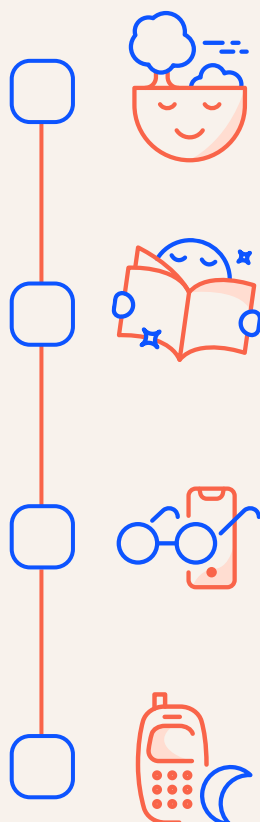
How to do it:

Start your **wind-down routine** 30–60 mins before bed.

Swap your phone for calming activities: journalling, reading, puzzles, sketching.

Use **blue light glasses** if you *have to* use screens late.

Consider switching to a **'brick phone'** at night — limited apps, no doomsscrolling.



Strategy #4

Mindful Mind, Restful Body



Why it helps:

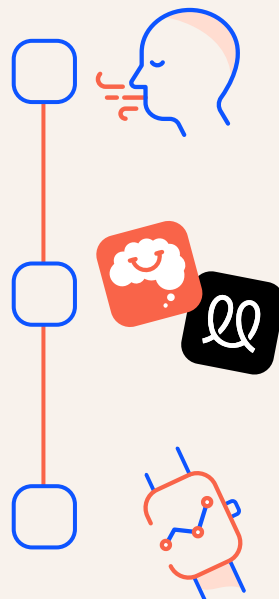
Mindfulness settles your nervous system and helps turn off the mental noise that keeps you awake. It can help to keep you in the present rather than worrying about what's happened or what's potentially happening tomorrow.

How to do it:

Try **5–10 minutes of breathing, meditation or body scanning.**

Use apps like **Smiling Mind**, **Mello** or just lie still and count slow breaths.

Track your sleep onset (how long it takes you to fall asleep) on a **Fitbit** before/after mindfulness practice.



Track your sleep onset before/after mindfulness

Strategy #5

Upgrade Your Sleep Space



Why it helps:

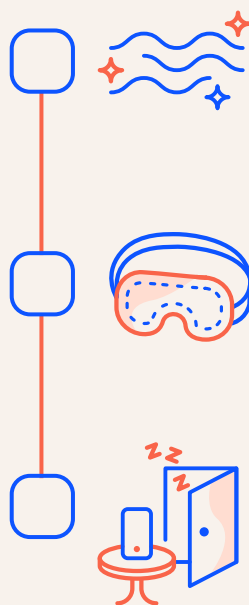
Light, noise, heat, and phones can all mess with deep sleep.

How to do it:

Make your room **dark, cool, and quiet.**

Use a **sleep mask** and/or earplugs to block distractions.

Keep your phone out of reach (or out of the room) — use a **dumb phone** or charging station outside your bedroom.



Dark, cool, quiet = deep sleep



Strategy #6

Let Sleep Come Naturally

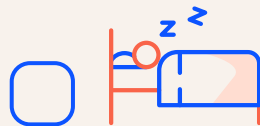


Why it helps:

Stressing about sleep makes it harder to sleep.
A relaxed mindset helps your body settle more easily.

How to do it:

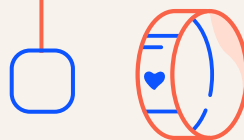
Only go to bed when you're **truly sleepy**, not just because it's "bedtime."



Can't fall asleep?
Get up, do something
calm, then try again.



Use a **Fitbit or tracker** to
notice patterns — but don't
obsess over it. Your body
knows what it needs.



Don't obsess over
your tracker — your
body knows

Strategy #7

Build in Daily Brain Breaks



Why it helps:

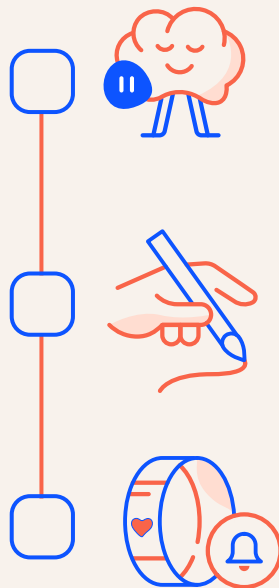
A wired brain during the day = restless mind at night.
Breaks help you reset and avoid crashing later.

How to do it:

Take a **20–30 minute tech-free pause** after school or in the evening.

Go outside, read, draw, take a power nap, or simply breathe.

A **Fitbit or step tracker** can remind you when you've been sitting too long.



Step tracker =
reminder to
move.

Strategy #8

Reflect, Don't Obsess



Why it helps:

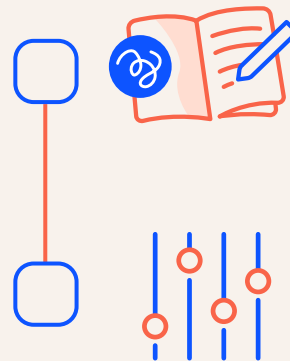
Understanding your patterns = making better choices.

How to do it:

Use your **Fitbit sleep data** or journal to reflect:

- What time you got into bed
- How rested you felt in the morning
- How long you scrolled or worried

Make small tweaks based on trends —
not single nights.



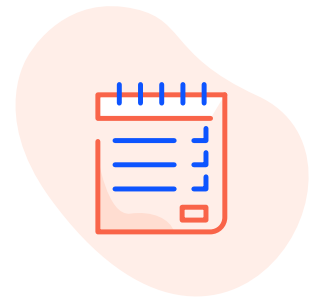
Small tweaks → big overhauls



**Take the
sleep test.**



Sleep Self-Test: How Sleep-Smart Are You?



Instructions

For each question, choose how often the statement applies to you. Use the scale below and write your score (0–4) next to each question.

Scoring Scale

0 = **Never**

1 = **Rarely** (1–2 times a week)

2 = **Sometimes** (3–4 times a week)

3 = **Often** (5–6 times a week)

4 = **Always** (every day)

Questions

Score

1. How often do you drink caffeine in the 1–4 hours before bed?	<input type="text"/>
2. How often do you feel sleepy in the early evening (7–9pm) but push through the feeling and stay awake?	<input type="text"/>
3. How often do you need music or a TV show streaming to fall asleep?	<input type="text"/>
4. How often do you use a bedtime routine or rituals (like journalling or meditation)?	<input type="text"/>
5. How often do you procrastinate or put off going to bed when you know you 'should' be sleeping?	<input type="text"/>
6. How often do you take longer than 30 minutes to fall asleep?	<input type="text"/>
7. How often do you lie in bed thinking about your to-do list, the future, or worrying about the day's events?	<input type="text"/>
8. How often do you find it hard to stop scrolling on your phone at night when you should be sleeping?	<input type="text"/>
9. How often do you feel that using digital devices before bed negatively impacts your ability to fall asleep?	<input type="text"/>
10. How often do you fall asleep while holding your phone or tablet?	<input type="text"/>

Continue to the next page

Sleep Self-Test: How Sleep-Smart Are You?

Continued



Scoring Scale

0 = Never

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Questions

Score

11. How often does negative online content, news or messages before bed affect your ability to sleep?

12. How often do you wake up in the middle of the night and find it hard to fall back asleep?

13. How often do you wake up feeling refreshed?

14. How often do you get less than 5 hours of sleep?

15. How often do you get more than 9 hours of sleep?

16. How often do you fall asleep in class because you're tired (not because the lesson is boring!)?

17. How often do you nap (for more than 20 minutes) in the afternoon or after school?

18. How often do you exercise or move your body for at least 20 minutes?

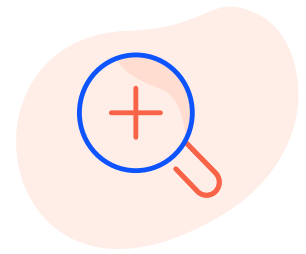
19. How often are you late for school or work due to sleeping in or not being able to get up in time?

20. How often do you go to bed and wake up at roughly the same time every day (even on weekends)?

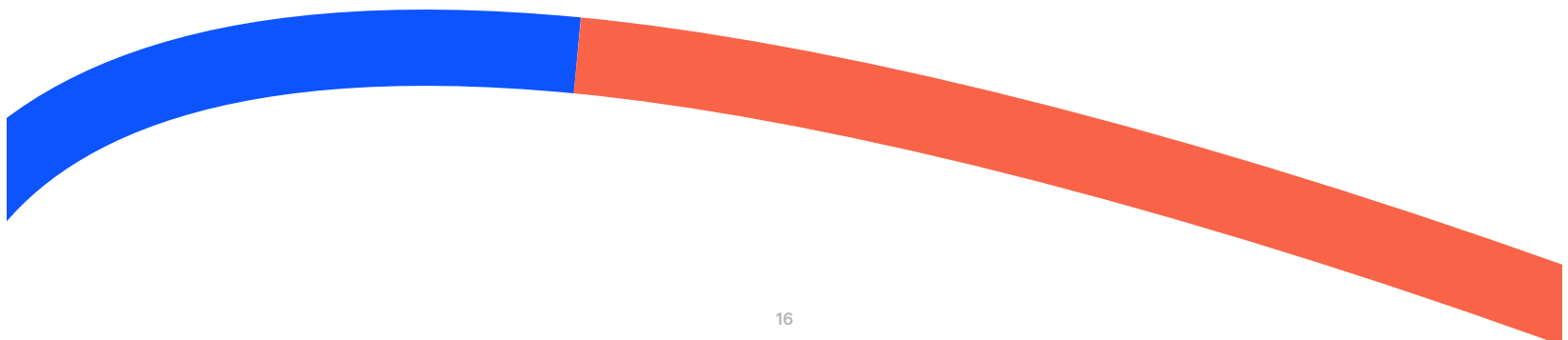
**Total
Score**

Out of 80

What your score means



Score Range	Rating	What it Means
70–80		Excellent Sleep Habits You’ve got strong foundations for sleep. Keep doing what you’re doing — small tweaks might still help, but overall, your habits are on point.
55–69		Fair to Good Sleep Habits You’re doing pretty well, but a few habits might be quietly disrupting your rest. Focus on one or two changes to improve your energy and focus.
40–54		Mixed Sleep Signals Sleep is likely being impacted by several habits. It’s a good time to rethink your evening routine and phone use to help your brain wind down.
Below 40		Sleep Needs Attention Your sleep habits might be getting in the way of feeling your best. Time to reset your routine and build healthier tech-free wind-down rituals.



Your Sleep Profile



The sleep profiles are simply a guide, you may find that you move between the sleep profiles depending on what is happening in your life. Use the profiles as a way to choose sleep strategies that may help improve your sleep.

Your Sleep Profile

The Overthinker



You may have scored high on:

Question 7:

Thinking/worrying at bedtime

Question 6:

Takes >30 mins to fall asleep

Question 12:

Wakes during the night and can't get back to sleep

Total Score Range:

Often in the 40–60 range

Profile Summary:

You're mentally buzzing when it's time to rest. Thoughts about school, the future, or just *everything* keep your brain switched on. You might fall asleep late, wake up tired, and feel like you never quite hit deep rest.

Try This:

Build a calming wind-down routine that includes journaling, breathing exercises, or a “worry time” earlier in the evening.



Your Sleep Profile

The Scroller



You may have scored high on:

Question 8:

Struggles to stop scrolling

Question 10:

Falls asleep with device

Question 11:

Negative content affects sleep

Total Score Range:

Can range from 30–55 depending on other habits

Profile Summary:

You're stuck in the scroll cycle. Your phone is your bedtime buddy, but it's messing with your brain's ability to switch off. Blue light, stimulating content, and endless feeds keep you up way past your ideal bedtime.

Try This:

Set an app timer, leave your device outside your room, and swap screens for a book or podcast 30–60 minutes before bed.



Your Sleep Profile

The Irregular Sleeper



You may have scored high on:

Question 14:

Gets <5 hours sleep

Question 15:

Gets >9 hours sometimes

Question 20:

Sleep/wake times vary a lot

Total Score Range:

Usually 40–60, depending on other habits

Profile Summary:

Your sleep schedule is all over the place — late nights, long sleep-ins, unpredictable wake-ups. You might feel wired at night and wrecked in the morning. Your body clock is confused.

Try This:

Set consistent sleep and wake times (yes, even on weekends). Anchor your mornings with natural light and gentle movement.



Your Sleep Profile

The Low-Energy Snoozer



You may have scored high on:

Question 13:

Rarely wakes feeling refreshed

Question 16:

Falls asleep in class

Question 17:

Naps after school

Total Score Range:

Can be 35–55

Profile Summary:

You sleep... but still feel drained. Naps, classroom dozing, and sluggish mornings suggest your sleep isn't doing its job — possibly due to late-night habits, poor sleep quality, or mental overload.

Try This:

Audit your evening routine and reduce late-day screen use. Try replacing after-school naps with light exercise or outdoor time.



Your Sleep Profile

The Sleep Pro



Likely Answers:

- Rarely/never on nearly all questions
- Uses a wind-down routine, avoids screens, wakes up refreshed

Total Score Range:
70–80

Profile Summary:

You've got sleep sorted! Your habits support your body and brain — and it shows in your energy, focus and mood.

Try This:

Keep doing what works — and help others learn from your routine!



Your Sleep Space

Use this space to set a sleep goal and jot down what you discover during the challenge.

My sleep goal is:

Strategies I'm trying:

What helped me sleep better:

What I want to keep doing:

Acknowledgements



This project was made possible through the collaboration, creativity, and care of many. **Telstra Foundation** gratefully acknowledges the contributions of:

The Youth Advisory Council (YAC), whose members co-designed the challenge, tested the strategies, and shared their honest reflections to help others sleep better in a digital world.

Dr Jocelyn Brewer, psychologist and founder of Digital Nutrition™, who brought deep insight into the relationship between tech habits and wellbeing.

Dr Moira Junge, clinical psychologist and CEO of the Sleep Health Foundation, who provided expert guidance on sleep science and behaviour change.

PROJECT ROCKIT, our delivery partner and Australia's youth-driven movement against bullying, hate and prejudice. Their team helped shape the challenge experience and supported young people to lead the way.

Together, they helped create a challenge that's practical, relatable, and rooted in real experience.



