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ONE WEEK TO MORE SLEEP!

Our expert-approved plan will improve your family's nights—and every waking hour, too. Make one tweak each day, and don't be surprised if you start to feel happier, more energized, and more productive before the week is even over.

DAY 1 | SET A SCHEDULE

"If I had to recommend just one thing, it would be to stick to regular bedtimes and wake times," says sleep specialist Michael Breus. (Yes, even on weekends.) "The more consistent you are, the more your brain knows it's time to go to sleep, and you'll nod off faster." Being more rested during the week means you won't "need" to sleep in on weekends anyway—which, experts say, is not enough to pay back your sleep debt. Faith McGown, of Minneapolis, did this with her 10-year-old daughter who, as a competitive figure skater, has early-morning practices several times a week. "Waking up and going to bed at the same time every day—around 6:45 a.m. and 8:30 p.m. for my daughter, 9:30 p.m. for me—helped us feel more rested than scheduling our sleep around her ice time," Faith says.

DAY 2 | UNPLUG FOR AN HOUR

Set the alarm on your phone to go off one hour before bedtime, Breus suggests. That's when all electronic devices get turned off, the last bits of lunches are packed, the lights are dimmed, and settling down begins. "Our bedtime routine has become sacred," says Leta Hamilton, 38, a mom of three in Sammamish, WA, who was frustrated with the time it used to take for her kids to stop

messing around and sleep after lights-out. "I may not always go to bed at 9 p.m. with my children, but my husband does. He gets up very early for work. My children like the 'family bedtime' and appreciate that going to sleep is something we do together, not just an expectation placed on them by us. The hour between 8 and 9 is filled with play, books, and talking, and it's when I receive the most *I love you's* and cuddles."

That's lovely, you're thinking, but my teen will (in her words) SERIOUSLY DIE if forced to spend even one hour cell-phone-free. The best way to enforce it? [REDACTED]

[REDACTED]

[REDACTED] (If all else fails, tell them a lack of sleep can cause acne—it's true!)

DAY 3 | LIMIT CAFFEINE

You knew this was coming. Some experts say to stop coffee after 4 p.m., some noon—but they all agree on this: If you say caffeine "doesn't affect" you, you're wrong. It may not

stop you from falling asleep, but it does—even hours later—interfere with your ability to *stay* asleep. Try to cut down on how much you're having. When that 3 p.m. Starbucks urge hits, go half-caf or switch to tea, and work toward having decaf. Even better? Try another pick-me-up, like a walk. And take a closer look at the caffeine your kids are ingesting: Some sodas and other drinks can have as much as a cup of coffee. (Go to redbookmag.com/buzz for the caffeine in popular food and drinks.)

A happy bedtime story

Nikki Maxwell, 41, is living (or, rather, sleeping) proof that a whole family's bedtime routine can be changed for the better. The North Hills, CA, mom nicknamed her kids the Night Owl, 11, the Early Bird, 8, and the Turtle, 5, because of their sleep personalities. One stays up late, another springs out of bed at 5 a.m., and the last sleeps whenever he wants (and late naps

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