



SLEEP

As Important as Diet and Exercise for All Ages



HOW MUCH SLEEP DO WE NEED?

Newborn (0–3 months)

14–17 hours per day

Infant (4–11 months)

12–15 hours per day

Toddler (1–2 years)

11–14 hours per day

Preschool (3–5 years)

10–13 hours per day

School-age (6–13 years)

9–11 hours per night

Teenager (14–17 years)

8–10 hours per night

Young adult (18–25 years)

7–9 hours per night

Adult (26–64 years)

7–9 hours per night

Older adult (65+ years)

7–8 hours per night



GENERAL SLEEP TIPS

- Keep a regular sleep/wake schedule, even on the weekends.
- Make your bedroom quiet, cool, dark, and comfortable.
- Use a fan or sound machine rather than a TV if you need noise to fall asleep.
- Create a bedtime routine that includes relaxing activities such as reading, taking a warm bath (not too close to bedtime), or eating a light snack.
- If you do not fall asleep within 30 minutes of trying or you wake up during the night and cannot go back to sleep, leave the bedroom until you feel sleepy.
- Avoid caffeine, nicotine, heavy meals, and/or vigorous exercise before bedtime.
- Try relaxation and stress-reduction techniques before going to bed.
- Avoid over-the-counter sleep medicines.
- Avoid TV, computer, and cell phone lights close to bedtime.



SLEEP HYGIENE

Not sleeping enough on a regular basis and not getting good sleep each night is related to a number of physical, social, cognitive, and behavioral problems:

- Obesity
- Diabetes
- High blood pressure
- Cancer
- Alzheimer's
- Increased sickness
- Increased accidents
- Reduced response time
- Increased anger/aggression
- Misbehavior
- Shorter attention
- Reduced learning
- Reduced memory
- Poorer test performance
- Increased depression/anxiety



NUTRITION INFORMATION

Some foods may help you rest, while others make it hard to get good rest.

Good Snack Ideas

Snack on a combination of carbohydrates and proteins before bed:

- Toast with peanut butter
- Cereal with milk
- Crackers with cheese

Snacks to Avoid

- Coffee
- Soft drinks
- Chocolate
- Spicy or sugary foods

Caffeine takes a few hours to get out of your system, so be sure you are not having it too close to bedtime.

Eating too much or having a heavy meal before bed can disturb sleep.

HELPFUL LINKS

www.sleepfoundation.org
www.sleepeducation.com
www.sleepforkids.org
www.sleepcenters.org
www.sleepresearchsociety.org

FOR MORE INFORMATION

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