Getting Better Sleep

Sleep plays an important role in health!

A good night’s sleep helps the body recover and allows us to wake up refreshed and ready to take on the day.

**Sleep Needed Per 24 Hours** (Mayo Clinic)

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>RECOMMENDED AMOUNT OF SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 to 12 years</td>
<td>9 to 12 hours</td>
</tr>
<tr>
<td>13 to 18 years</td>
<td>8 to 10 hours</td>
</tr>
<tr>
<td>Adults</td>
<td>7 or more hours</td>
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</tbody>
</table>

More than one-third of adults report sleeping on average for less than seven hours per night, and almost half of Americans say they feel sleepy during the day. (Sleep Foundation)

**Consistently getting a good night's sleep is associated with:**

- Improved mental performance
- Lower risk for high blood pressure, heart attack and stroke
- Healthier weight
- Stronger immune system
- Decreased risk for depression and suicide
- Longer life expectancy

(American Sleep Association)

**Tips for Improving Sleep Habits** (CDC)

- Stick to the same wake and sleep schedule each day, including on the weekends.
- Get adequate exposure to sunlight and physical activity during the day.
- Ensure your bedroom is quiet, dark and cool.
- Disconnect from electronic devices at least 30 minutes before bedtime.
- Avoid large meals, caffeine and alcohol before bedtime.

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