

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)

AGE GROUP	RECOMMENDED AMOUNT OF SLEEP
6 to 12 years	9 to 12 hours
13 to 18 years	8 to 10 hours
Adults	7 or more hours

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

