Sleep Awareness

HOW MUCH SLEEP DO WE REALLY NEED?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Sleep Duration Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn (0-3 months)</td>
<td>14-17 hours</td>
</tr>
<tr>
<td>Infants (4-11 months)</td>
<td>12-15 hours</td>
</tr>
<tr>
<td>Toddler (1-2 years)</td>
<td>11-14 hours</td>
</tr>
<tr>
<td>Preschool (3-5 years)</td>
<td>10-13 hours</td>
</tr>
<tr>
<td>School age (6-13 years)</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>Teenagers (14-17 years)</td>
<td>8-10 hours</td>
</tr>
<tr>
<td>Young Adults (18-25 years)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Adults (26-64 years)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Older Adult (65+ years)</td>
<td>7-8 hours</td>
</tr>
</tbody>
</table>

BENEFITS OF DEEP SLEEP

» Deep sleep is considered restorative sleep
» Restores energy
» Promotes tissue growth and repair
» Increases blood supply to the muscles
» Releases hormones, which may include growth hormone

WHAT IS SLEEP DEPRIVATION?

» Lack of sufficient and quality sleep
» Out of sync with your circadian rhythm and sleeping at the wrong time of the day
» Excessive daytime sleepiness
» Poor quality of sleep
» Diagnosis of a sleep disorder
» Stress is the primary cause of short-term sleep difficulties.
» Relationships with family and friends, work or school related stressors, serious illness, and death of a family member are often sources of increased stress that influence sleep.
» If sleep is not managed well at this juncture, sleep difficulties can persist after the initial stressor has passed.

SLEEP HYGIENE INSTRUCTIONS

» Adhere to the same bed and wake time even on the weekends.
» Avoid naps, especially in the afternoon.
» Practice a relaxing bedtime ritual.
» Exercise daily, at least three hours before bedtime.
» Evaluate your sleep environment: recommended room temperature 60-67 degrees for adults.
» Sleep on a comfortable mattress and pillows.
» Use bright light to manage your circadian rhythm.
» Wind down and avoid electronics/blue light before bed.
» Avoid alcohol, cigarettes and heavy meals in the evening.
» If you can’t sleep, go to another room and do something relaxing until you feel sleepy.