Sleep

According to the American Academy of Sleep Medicine (2016), healthy sleep is associated with optimal mental and physical health. Healthy sleep is based on good quality, consistency, adequate duration, and lack of disturbances.

# HOW MUCH SLEEP IS RECOMMENDED?

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| --- | --- |
| **Age** | **Recommended Sleep (24 hours)** |
| Infants (4-12 months) | 12-15 hours |
| Toddlers (1-2 years) | 11-14 hours |
| Preschoolers (3-5 years) | 10-13 hours |
| Elementary schoolers (6-12 years) | 9-11 hours |
| Teenagers (13-18) | 8-10 hours |
| Adults (18+) | 7-9 hours |

**TIPS FOR HEALTHY SLEEP**

1. Keep a consistent bedtime routine and go to bed when you feel sleepy (fading concentration, fluttering eyes, bobbing head). Wake up at about the same time every day, even weekends.
2. Make sure your bedroom is quiet, dark, and not too hot or too cold.
3. Remove electronics from the bedroom and avoid using screens before bedtime. The light can make you feel awake instead of sleepy.
4. Avoid caffeine in the evening—soda, coffee, tea, energy drinks, and other caffeinated products.
5. Be physically active during the day—walk, dance, lift, bike, garden, swim, cook, play, move, etc.
6. Try these strategies if you are having trouble sleeping:
	* Focus on relaxing the body. Tense all of the muscles in your feet for 5 seconds, then relax them. Move up to the muscles in your legs. Continue this through the body until you fall asleep.
	* If it has been more than 30 minutes, get out of bed and do something relaxing, such as reading a book, stretching or meditating, or listening to soothing music. Go back to bed once you feel sleepy.

**RESOURCES AND ADDITIONAL INFORMATION**

* [aasm.org/resources/pdf/pediatricsleepdurationconsensus.pdf](https://aasm.org/resources/pdf/pediatricsleepdurationconsensus.pdf)
* [sleephealthjournal.org/article/S2352-7218(15)00015-7/fulltext](https://www.sleephealthjournal.org/article/S2352-7218%2815%2900015-7/fulltext)
* [cdc.gov/sleep/about\_sleep/sleep\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)
*  [sleepfoundation.org/sleep-faqs/how-to-fall-back-asleep](https://www.sleepfoundation.org/sleep-faqs/how-to-fall-back-asleep)

