

Sleep Well!



You can improve your physical and mental health by sleeping well.



Did you know?

1 in 4 children,
1 in 4 adults aged 18-34,
1 in 3 adults aged 35-64,
1 in 4 adults aged 65-79,
are **NOT** getting enough sleep.

Tips for a good sleep

- Try to follow a regular bedtime routine.
- Caffeine impacts sleep for some people. Know yourself and when your cut off time should be.
- Turn off electronics at least one hour before bedtime.
- Be active during the day.
- Relax before bed.
- Try a mindfulness exercise before bedtime.

How much sleep do I need?

Newborns
14-17 hours

School-age
9-11 hours

Teens
8-10 hours

Infants
12-16 hours

Preschoolers
10-13 hours

Adults
7-9 hours

Toddlers
11-14 hours

Older Adults
7-8 hours

