



Sleep Awareness



Sleep plays a vital role in our lives. Poor sleep can lead to lower brain function, sluggishness, limited focus, and can contribute to the onset of chronic conditions such as diabetes and high blood pressure. Sleep affects everything we do; one night of poor sleep can lead to an unproductive day and even put you in harm's way.

After several nights of poor sleep, your ability to function suffers. In fact, sleep deficiency impairs your driving ability even more than being drunk. It's estimated that driving drowsy is a factor in about 100,000 car accidents each year. Depending on your line of work, sleep deprivation can be incredibly dangerous.

The table below shows the recommended amount of sleep by age according to the American Academy of Sleep Medicine:

Age	Recommended Amount of Sleep
Infants: Age 4 - 12 months	12 - 16 hours per day
Children: Age 1 - 2 years	11 - 14 hours per day
Children: Age 3 - 5 years	10 - 13 hours per day
Children: Age 6 - 12 years	9 - 12 hours per day
Teens: Age 13 - 18 years	8 - 10 hours per day
Adults: Age 18 or older	7 - 8 hours per day

There are several strategies for getting a good night's sleep, and just one small change can improve the quality of your sleep. Consider the following to protect your health and well-being:

- Allow yourself enough time to sleep. Consider your bedtime and wake time, and plan for the appropriate number of hours of sleep you need. Try to go to sleep at the same time every night, which is especially important for children.
- Avoid staying up late and sleeping in on the weekends. Try to stick to your weeknight sleep schedule as best you can as to not disrupt your body's internal sleep-wake rhythm.
- Use the hour before bedtime to prep for bed. Avoid rambunctious and loud activities, as well as bright lights, including phone, computer, and TV screens.
- Do not consume large meals and alcoholic beverages within 1-2 hours of bedtime.
- Avoid caffeine within 8 hours of bedtime. A late afternoon coffee could affect the quality of your sleep.
- Keep your bedroom cool, quiet, and dark. It is the best environment for restful sleep.

Sources: Zywave and American Heart Association

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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