

Tips for Healthy Sleep and Routine



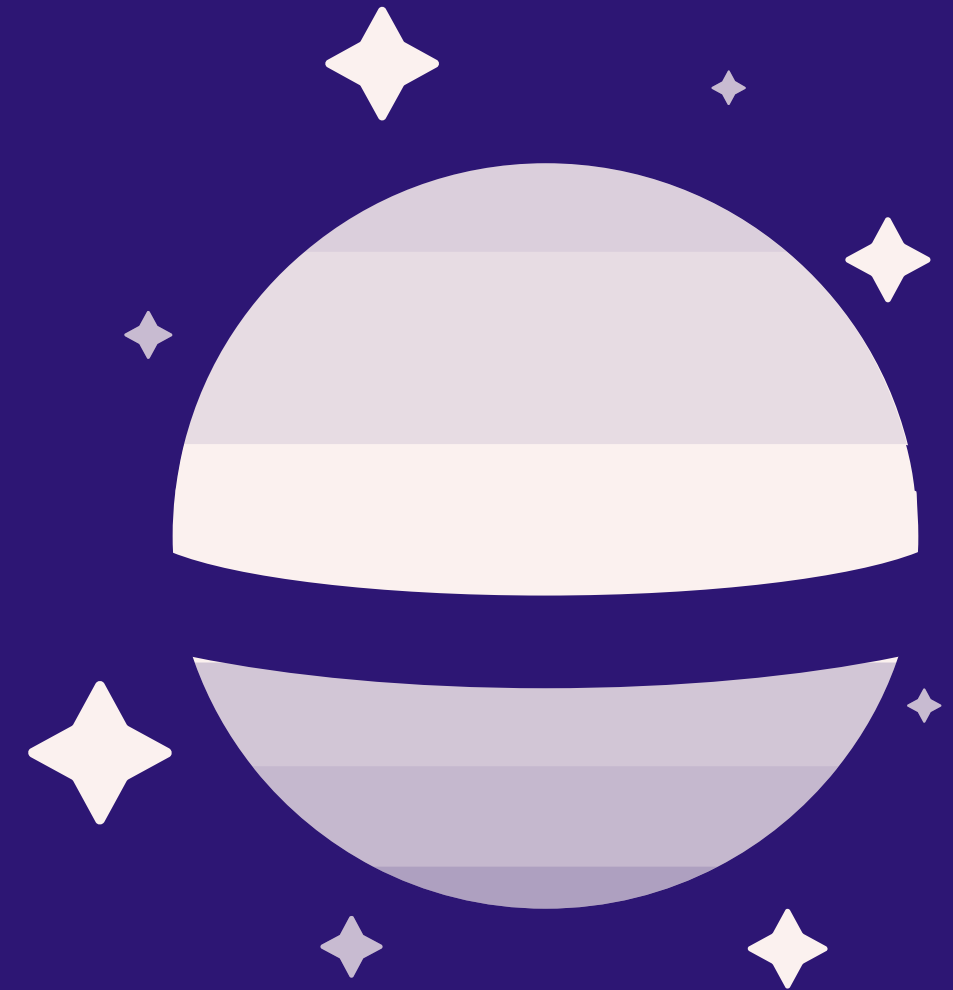
Presentation Outline

How much sleep do we really need?

Healthy sleep tips

Relaxing pre-bed routine

Benefits of a good night's sleep



"Healthy adults need between 7 and 9 hours of sleep per night. Babies, young children, and teens need even more sleep to enable their growth and development. People over 65 should also get 7 to 8 hours per night."

NATIONAL SLEEP FOUNDATION



How Much Sleep is Recommended

PER AGE GROUP

- Newborn (0-3 months old): 14-17 hours
- Infant (4-11 months old): 12-15 hours
- Toddler (1-2 years old): 11-14 hours
- Preschool (3-5 years old): 10-13 hours
- School Age (6-13 years old): 9-11 hours
- Teen (14-17 years old): 8-10 hours
- Young Adult (18-25 years old): 7-9 hours
- Adult (26-64 years old): 7-9 hours
- Older Adults (65+ years old): 7-8 hours



Healthy Sleep Tips

CREATE A SLEEP INDUCING BEDROOM

- Use a High Performance Pillow and Mattress
- Quality Bedding
- Cultivate Peace and Quiet
- Agreeable Temperature

SLEEP SCHEDULE

- Set a Wake Up Time
- Budget Time for Sleep
- Be Careful with Naps
- Gradually Adjust your Schedule

HELP YOUR SLEEP DURING THE DAY

- See the Day Light
- Move Your Body
- Monitor Caffeine Intake
- Monitor Alcohol
- Don't Smoke
- Try Not to Eat Too Late

Relaxing Pre-Bed Routine



START TO WIND DOWN 30 MIN. PRIOR TO BEDTIME

Quiet Reading,
Take a Warm Bath,
Stretching,
Relaxation
Exercises, Listen
to Soothing Music

DECIDE ON A SET BEDTIME

Decide your wake time and count back the hours needed of rest for you and try and go to bed around that time. Try and do this everyday of the week.

PREP YOUR BEDROOM

Set the thermostat to somewhere between 60-71 Fahrenheit. Pull down the curtains, remove clutter, and maybe enjoy your favorite scent in a diffuser.

LOWER THE LIGHTS

By avoiding bright light this can help the transition into bedtime as well as help production of melatonin

DISCONNECT FROM DEVICES

Laptops, Cell Phones, Tablets, etc. keep the brain wired making it hard to wind down. The light these also give off suppresses the production of melatonin.

Benefits of a Good Night 's Sleep



Strengthens the immune system



Better athletic performance



Increase productivity and concentration



Improves health



Regulates mood



Regulates weight

References

- <http://healthySLEEP.MED.HARVARD.EDU/HEALTHY/MATTERS/BENEFITS-OF-SLEEP>
- [HTTPS://WWW.SLEEPFOUNDATION.ORG/HOW-SLEEP-WORKS/HOW-MUCH-SLEEP-DO-WE-REALLY-NEED](https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need)
- [HTTP://THESLEEPCOMPANION.COM/TOP-5-BENEFITS-OF-SLEEP/](http://thesleepcompanion.com/top-5-benefits-of-sleep/)
- [HTTPS://WWW.RD.COM/HEALTH/WELLNESS/INSOMNIA-SLEEP-REMEDIES/](https://www.rd.com/health/wellness/insomnia-sleep-remedies/)

