

## How Much Sleep Do You (and Your Children) Need?

How you feel and act during the day is linked to how much sleep you get the night before. If sleepiness interferes with your daily activities, more sleep each night will help the quality of your waking hours. Yet many adults have a sleep problem one or more nights a week.

Not enough sleep is linked to a number of chronic diseases and health issues such as diabetes (high blood sugar), cardiovascular (heart) disease, obesity, and depression—which threaten our nation’s health. Not getting enough sleep is linked to these illnesses and also may complicate their control and outcome.

Getting enough sleep is being recognized more and more as a vital part of long-term illness prevention and health promotion. How much sleep is right amount? Sleep needs are different for each person and change as people age. Think about these sleep guidelines for different age groups\*.



### Infants

- Birth–2 months need 12–18 hours
- 3–11 months need 14–15 hours



### Toddlers/Children

- 1–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–10 years old need 10–11 hours



### Adolescents

- 10-17 years need 8.5–9.5 hours



### Adults

- need 7–9 hours

\*Data from the National Sleep Foundation.

## Some Simple Sleep Tips

The promotion of regular sleep is known as sleep hygiene. Here are some simple sleep hygiene tips:

- Go to bed at the same time each night, and rise at the same time each morning.
- Sleep in a quiet, dark, and relaxing environment, which is neither too hot nor too cold.
- Make your bed comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music.
- Remove all TVs, computers, and other "gadgets" from the bedroom.
- Avoid physical activity within a few hours of bedtime.
- Avoid large meals before bedtime.



This information is provided by the Charleston Promise Neighborhood (CPN); original version written by the Centers for Disease Control and Prevention (CDC) – Sleep and Sleep Disorders.

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Charleston Promise Neighborhood is a non-profit organization that works to improve the lives of children and families in the 5.6 square mile area of the "neck" between Charleston and North Charleston. KidsWell is Charleston Promise Neighborhood's health and wellness initiative that includes School-Based Health Clinics at Sanders-Clyde Creative Arts School, James Simons Elementary, Chicora School of Communications, and Mary Ford Elementary. [www.charlestonpromise.org](http://www.charlestonpromise.org)

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**For additional information, contact your child's doctor or school nurse.**