



SLEEP MATTERS

December Newsletter

HOW MUCH SLEEP DO I NEED?

The amount of sleep you need changes as you age. According to the CDC, preschoolers should get 10 to 13 hours of sleep each day, including naps, while school-age children need 9 to 12 hours. Teens are recommended to get 8 to 10 hours of sleep, and adults should aim for 7 or more hours each night. However, more sleep isn't always better. It's the quality of your sleep that truly matters for your health and well-being. Quality sleep means resting deeply and without interruptions, allowing you to wake up feeling refreshed, alert, and ready for the day.

BENEFITS OF GOOD SLEEP

- Supports a healthy metabolism and helps maintain a balanced weight
- Strengthens the immune system, making you less likely to get sick
- Reduces stress and promotes a more positive mood
- Improves heart health and circulation
- Lowers the risk of developing chronic conditions
- Boosts focus, attention, and memory function

WILL NAPS AFFECT MY SLEEP?

Napping isn't suitable for everyone. While short naps can help improve alertness and cognitive function, it's best to limit them to no more than 20 minutes and ideally take them before 3 PM. For most people, brief naps don't negatively impact nighttime sleep. However, if you struggle with falling asleep or staying asleep at night, napping could worsen these issues. It's important to monitor how naps affect your own sleep patterns. If you regularly find it harder to sleep at night after napping, consider adjusting your nap duration or timing, or possibly avoiding naps altogether.

HOW TO IMPROVE YOUR SLEEP

1. Go to bed and wake up at the same time each day, including weekends to maintain a consistent sleep schedule.
2. Create a calm, quiet, and comfortably cool environment to sleep in
3. Turn off phones, TVs, and other electronic devices at least 30 minutes before going to sleep.
4. Avoid eating heavy meals and sugary snacks or drinks close to bedtime.
5. Limit caffeine intake later in the day to prevent sleep disruption
6. Stay active with regular exercise and support good sleep with a balanced, healthy diet.



DID YOU KNOW?

You burn around 400 calories during eight hours of sleep as your body continues vital functions like breathing, digestion, and keeping your heart beating.

If you have any questions or would like to discuss the information provided, please contact the **Health Services** at 612-524-5217