

Healthy Sleep = Healthy Kids

How much sleep do we need each day?	
Infants up to 2 months old:	14 to 18 hours
3 months to 3 years old:	12 to 14 hours
3-5 years old:	11 to 13 hours
5-11 years old:	10 to 11 hours
12-25 years old:	8.5 to 9.5 hours
26 years and older:	7 to 9 hours

What are the effects of not getting enough sleep each night?

Chronic sleep loss (getting just one or two hours less sleep each night) has been connected to:

- Anxiety, depression, suicide (over 60 studies have linked poor sleep and suicide)
- Poorer attention and poorer problem solving
- Poorer academic performance, increased grade failure
- Poorer impulse control and low frustration tolerance
- Increased risk-taking, increased drug use, and riskier sexual activities
- Increased school violence and bullying
- Decreased immune functioning
- Changes in hormones that regulate appetite, and increased obesity
- Poorer food choices (more junk food; fewer fruits and vegetables)
- Increased insulin resistance (which increases risk of diabetes)
- Increased automobile accidents (by up to 70%)
- Increased sports injuries (by up to 68%)

What can we do to help support healthy sleep?

- ✓ Follow the ABC's of infant sleep: Alone, on their Back, in a safety-approved Crib.
- ✓ Set and enforce healthy bedtimes based on how many hours of sleep is needed.
- ✓ No electronics (screens shining in eyes), exercise, or heavy meals too close to bedtime.
- ✓ No caffeine for kids. Read labels - caffeine is in more products than we realize.
- ✓ See a doctor for suspected sleep problems, heavy snoring, or falling asleep during the day.
- ✓ Ask for developmentally appropriate bus pick-up times and school day start times.

How do school day start times impact sleep?

Puberty creates a later shift in sleep cycle, causing adolescents to stay up later and sleep later. School start times after 8:30am for adolescents has been endorsed by the American Academy of Pediatrics and other health and education groups. Later start times result in more sleep, which then improves overall health, improves test scores, decreases auto accidents, and reduces disciplinary problems in schools.

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Visit www.startschoollater.net for references and for more information.



Healthy Sleep = Healthy Adults

How much sleep do I need each day?	
Young adults up to age 25	8.5 to 9.5 hours
Adults over 25	7 to 9 hours

What are the effects of not getting enough sleep each night?

Chronic sleep loss (getting just one or two hours less sleep each night) has been connected to:

- Anxiety, depression, suicide (over 60 studies have linked poor sleep and suicide)
- Increased substance abuse
- Poorer financial decisions, riskier gambling
- Poorer ethical decisions at work
- Decreased immune functioning
- Decreased testosterone among men
- More aggressive forms of breast cancer among women
- Increased obesity, and changes in hormones that regulate appetite
- Poorer food choices (more junk food; fewer fruits and vegetables)
- Increased insulin resistance (which increases risk of diabetes)

What can I do to help support healthy sleep?

- ✓ No electronics (screens shining in eyes), exercise, or heavy meals too close to bedtime
- ✓ No caffeine at least 6 hours before bedtime
- ✓ Limit alcohol use (disrupts the sleep cycle)
- ✓ Sleep in a dark, cool environment with minimal noise, and ideally no pets
- ✓ See a doctor for suspected sleep problems, heavy snoring, or falling asleep during the day

Do older adults need a different amount of sleep?

No. Older adults may, however, naturally fall asleep earlier in the evening and wake earlier in the morning due to a shift in circadian rhythm that occurs after the age of 65. Older adults secrete the sleep hormone melatonin earlier in the evening, and stop secreting melatonin earlier in the morning, than middle-age adults. This biological change is the opposite of the later shift in circadian rhythm that occurs during puberty. (The puberty-related later shift in sleep cycle is the reason health experts recommend later school start times for adolescents.)

What about working night shift?

Working night shift is necessary in some professions, yet the health risks are well-documented. For persons who work night shift, the US Department of Health and Human Services provides tips in a publication titled: 'Plain Language About Shiftwork' – available for free by calling 1-800-356-4674 or visiting the National Institute for Occupational Safety and Health's website at www.cdc.gov/niosh/

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