



## Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

Sleep has a major impact on overall health and quality of life, including the way we feel, look, and perform on a daily basis. Your body needs sleep to repair muscles, consolidate memories, and regulate hormones and appetite. Even though there are many known benefits of getting a good night of sleep, many people do not get enough sleep or suffer from sleep problems.



### Sufficient Sleep Postively affects:

- **Learning and memory.** Sleep helps the brain commit new information to memory through a process called memory consolidation.
- **Metabolism and weight.** Enough sleep helps with weight control. Chronic sleep deprivation may cause weight gain by impacting the way our body processes and stores the food we eat, and by altering levels of hormones that affect our appetite.
- **Safety.** A good night's sleep reduces accidents. When we don't sleep through the night, there's a greater chance we will fall asleep during the daytime. This may cause falls or mistakes such as medical errors and road accidents.
- **Mood.** Sufficient sleep reduces irritability, impatience, inability to concentrate, and moodiness. Too little sleep can leave us too tired to do what we like to do.
- **Heart Health.** Getting enough sleep improves our heart health. Serious sleep disorders have been linked to high blood pressure, stress and irregular heartbeat.
- **Disease.** Enough sleep helps fight disease. When we don't get enough sleep our immune function is altered. Keeping up with sleep may help fight cancer.

Source: Keys to Embracing Aging Sleep

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

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# Sleep Needs Throughout the Lifespan

The amount of sleep needed to function varies from individual to individual, and it is determined by genetics and heredity. According to the National Sleep Foundation, the average hours of recommended sleep by age include:

## Infants

- Birth to 2 months need 10.5 to 18 hours
- 2 to 12 months need 14-15 hours

## Toddlers/Children

- 12-18 months need 13 to 15 hours
- 18 months to 3 years need 12 to 14 hours
- 3 to 5 years old need 11 to 13 hours
- 5 to 12 years old need 9 to 11 hours

## Adolescents

- At least 8.5 to 9.5 hours

## Adults

- 7 to 9 hours



## Sleeping Tips

- Maintain a consistent bedtime routine.
- Turn off the TV and other electronic devices.
- Eat a balanced diet and don't eat heavy meals before bedtime.
- Practice relaxation techniques such as deep breathing at bedtime.
- Keep a sleep journal.
- Exercise in the afternoon or early evening.
- If you can't sleep within 20 minutes, get up and participate in a quiet activity.
- Do not lie in bed once awake in the morning.



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