

# Healthy Sleep = Healthy Kids

| <b>How much sleep do we need each day?</b> |                  |
|--|------------------|
| Toddler: 1-3 years old                     | 12 to 14 hours   |
| Preschool: 3-5 years old                   | 11 to 13 hours   |
| Elementary: 5-11 years old                 | 10 to 11 hours   |
| Adolescent: 12-25 years old                | 8.5 to 9.5 hours |
| Adult: 26 years and older                  | 7 to 9 hours     |

## **What are the effects of deficient sleep?**

Insufficient and/or disordered (poorly-timed) sleep has been connected to:

- Anxiety and depression
- Increased suicide risk (suicide risk for teens decreases 11% with each one hour of additional sleep)
- Poorer attention
- Reduced graduation rates
- Poorer academic performance
- Increased drug use
- Riskier sexual activities
- Increased school violence and bullying
- Compromised immune functioning
- Obesity, changes in hormones that regulate appetite, and poorer food choices
- Increased insulin resistance (which increases risk of diabetes)
- Increased pedestrian accidents (by up to 50%)
- Increased car crashes (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
- ✓ Limit electronics (screens shining in eyes), exercise, or heavy meals too close to bedtime
- ✓ No caffeine within 6+ hours of bed and 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 your school administrators and state lawmakers to set developmentally appropriate bus pick-up 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 8:30 a.m. for adolescents has been endorsed by the Centers for Disease Control and Prevention, American Medical Association, American Academy of Pediatrics, National Association of School Nurses, Society of Pediatric Nurses, Society of Behavioral Medicine, National PTA, National Education Association, and other health and education groups.

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# Healthy Sleep = Healthy Adults

| <b>How much sleep do we need each day?</b> |                  |
|--|------------------|
| Young adults up to age 25                  | 8.5 to 9.5 hours |
| Adults over 25                             | 7 to 9 hours     |

## **What are the effects of deficient sleep?**

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
- Increased car crashes (similar to being legally intoxicated)
- 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 (alcohol 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, compared to middle-age adults. This biological change in older adulthood 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/](http://www.cdc.gov/niosh/)

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