

South Central's Health on Blast

Waking up Refreshed and Renewed

- Sleep is a state, accentuating the growth and rejuvenation of the immune, nervous, skeletal and muscular systems.
- About 40 million Americans are believed to suffer from over 70 different sleep disorders.
- Common sleep disorders are insomnia, sleep apnea, restless legs syndrome, and narcolepsy
- Sleep hygiene is the practice of behavioral habits that offer the maximum potential for restorative and sound sleep. Good sleep hygiene practices include:
 - Avoid caffeine,
 - nicotine before bedtime,
 - have a regular bedtime and waking pattern,
 - maintain a comfortable sleep environment,
 - do not lie in bed worrying about not sleeping,
 - and exercise daily.

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- Sleep loss may increase hunger and affect the body's metabolism, which may make it more difficult to maintain or lose weight.
- Sleep deprivation decreases the production of hormones that help maintain your metabolism, and affect food cravings, leading to higher risks of diabetes.
- Sleep deprivation also causes a higher level of stress hormones that will increase your blood pressure and can increase the risks of heart disease and strokes.
- Those exposed to light during night hours have less production of melatonin, which helps fight off cancer.

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Recommended Daily Sleep Needs

Age and condition	Sleep Needs
Newborns (0–3 months)	14 to 17 hours
Infants (4–11 months)	12 to 15 hours
Toddlers (1–2 years)	11 to 14 hours
Preschoolers (3–5 years)	10 to 13 hours
School-age children (6–13 years)	9 to 11 hours
Teenagers (14–17 years)	8 to 10 hours
Adults (18–64 years)	7 to 9 hours
Older Adults (65 years and over)	7 to 8 hours