

**How much sleep do you need?**

* Ages 0-3 months – 14-17 hours each night
* Ages 3-12 months – 12-16 hours each night
* Ages 1-2 years – 11-14 hours each night
* Ages 3-5 years – 10-13 hours each night
* Ages 6-12 years – 9-12 hours each night
* Ages 13-17 years – 8-10 hours each night
* Ages 18-64 years – 7 or more hours each night
* Ages 65 and older – 7-8 hours each night

**Tips for a better sleep:**

* Be consistent – go to bed at the same time each night and try to wake up at the same time each morning
* Practice – proper sleep hygiene
* Bedrooms should be – dark, relaxing, cool, and quiet
* Avoid – large meals, caffeine, and alcohol right before bedtime
* Avoid – long naps in the later hours of the day
* Exercise – regular physical activity during the day can help you fall asleep and stay sleeping each night

**What can you do if you cannot stay asleep?**

* Meditate or try slow breathing exercises while lying in bed
* Practice muscle relaxation techniques on all major muscle groups of the body
* Avoid checking the clock or time
* Avoiding checking your phone or other electronic screens
* Have a book nearby and start reading if needed, that may help you fall back asleep



**Family Health Challenge: Sleep More Soundly**

You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.