A Good Night’s Rest:
Government resources can teach you about adequate sleep habits.
Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can’t form or maintain the pathways in your brain that let you learn and create new memories, and it’s harder to concentrate and respond quickly.
Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Everyone needs sleep, but its biological purpose remains a mystery.

https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep
Getting enough sleep is not a luxury—it is something people need for good health.

Insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions.

Drowsy driving is a major problem in the United States.

Adults need 7 or more hours of sleep per night for the best health and wellbeing.

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

https://www.cdc.gov/sleep/index.html
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Hours of Sleep Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>0–3 months: 14–17 hours (National Sleep Foundation)(^1)</td>
</tr>
<tr>
<td></td>
<td>No recommendation (American Academy of Sleep Medicine)(^2)</td>
</tr>
<tr>
<td>Infant</td>
<td>4–12 months: 12–16 hours per 24 hours (including naps)(^2)</td>
</tr>
<tr>
<td>Toddler</td>
<td>1–2 years: 11–14 hours per 24 hours (including naps)(^2)</td>
</tr>
<tr>
<td>Preschool</td>
<td>3–5 years: 10–13 hours per 24 hours (including naps)(^2)</td>
</tr>
<tr>
<td>School Age</td>
<td>6–12 years: 9–12 hours per 24 hours(^2)</td>
</tr>
<tr>
<td>Teen</td>
<td>13–18 years: 8–10 hours per 24 hours(^2)</td>
</tr>
<tr>
<td>Adult</td>
<td>18–60 years: 7 or more hours per night(^3)</td>
</tr>
<tr>
<td></td>
<td>61–64 years: 7–9 hours(^1)</td>
</tr>
<tr>
<td></td>
<td>65 years and older: 7–8 hours(^1)</td>
</tr>
</tbody>
</table>

https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
Age-Adjusted Prevalence of Short Sleep Duration (<7 hours) Among Adults Aged ≥18 Years, by State, United States, 2014

Key Sleep Disorders

- Insomnia
- Narcolepsy
- Restless Legs Syndrome (RLS)
- Sleep Apnea

https://www.cdc.gov/sleep/about_sleep/key_disorders.html

Sleep and Chronic Disease

- Diabetes
- Obesity
- Cardiovascular Disease
- Depression

https://www.cdc.gov/sleep/about_sleep/chronic_disease.html
Some habits that can improve your sleep health:

• Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
• Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
• Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
• Avoid large meals, caffeine, and alcohol before bedtime.
• Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
Drive alert and stay unhurt.

Drowsy driving is a major problem in the United States. The risk, danger, and sometimes tragic results of drowsy driving are alarming. Drowsy driving is the dangerous combination of driving and sleepiness or fatigue.

The Warning Signs of Drowsy Driving

1. Yawning or blinking frequently.
2. Difficulty remembering the past few miles driven.
3. Missing your exit.
4. Drifting from your lane.
5. Hitting a rumble strip.

https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html
What is Drowsy Driving?
Operating a motor vehicle while fatigued or sleepy is commonly referred to as “drowsy driving.”

The Impact of Drowsy Driving
Drowsy driving poses a serious risk not only for one’s own health and safety, but also for the other people on the road.

The National Highway Traffic Safety Administration estimates\(^1\) that between 2005 and 2009 drowsy driving was responsible for an annual average of:
- 83,000 crashes
- 37,000 injury crashes
- 886 fatal crashes (846 fatalities in 2014)

These estimates are conservative, though, and up to 6,000 fatal crashes each year may be caused by drowsy drivers.

How Often Do Americans Fall Asleep While Driving?
- Approximately 1 out of 25 adults aged 18 years and older surveyed reported that they had fallen asleep while driving in the past 30 days.\(^5,6\)
- Individuals who snored or slept 6 hours or less per day were more likely to fall asleep while driving.\(^5\)
A good night’s sleep is essential to children’s health, development, and performance in school.

Inadequate sleep in children leads to moodiness, behavioral problems, and problems learning in school.

Setting boundaries around electronics use, enforcing sleep related rules and setting a good example helps children get more sleep.

• Avoid placing TVs and computers in the bedroom.
• Place phones on silent or remove them from the bedroom.
• Keep the sleeping environment quiet, dark, and at a comfortable temperature.

Teens and sleep

Teens have unique challenges for getting adequate sleep during the school week and need 9 or more hours of sleep every 24 hours. However, most get less than 9 hours because of the choices they make and biologic factors. Not only do teens have multiple social and extracurricular activities or work, but their circadian rhythm shifts, making it more difficult for them to go to sleep until later at night and making it more difficult for them to awaken early in the morning.


Not getting enough sleep is common among high school students and is associated with several health risks including being overweight, drinking alcohol, smoking tobacco, and using drugs, as well as poor academic performance.

https://www.cdc.gov/features/school-start-times/index.html
SLEEP RESOURCES FROM THE GOVERNMENT

Sleep and Aging  https://www.nia.nih.gov/health/good-nights-sleep


https://medlineplus.gov/healthysleep.html

https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health
Healthy Sleep - Multiple Languages

- Arabic (العربية)
- Chinese, Simplified (Mandarin dialect) (简体中文)
- Chinese, Traditional (Cantonese dialect) (繁體中文)
- Farsi (فارسی)
- French (français)
- Hindi (हिंदी)
- Japanese (日本語)
- Karen (S'gaw Karen)
- Korean (한국어)
- Nepali (नेपाली)
- Pashto (پښتو / Pāxtō)
- Portuguese (português)
- Russian (Русский)
- Somali (Af-Soomaalî)
- Spanish (español)
- Tigrinya (ትግርኛ / እግርኛ)
- Vietnamese (Tiếng Việt)

HealthReach resources will open in a new window.
RESOURCES IN OTHER LANGUAGES

https://medlineplus.gov/spanish/healthysleep.html
Dormir bien
Otros nombres: Dormir saludablemente, Sueño saludable

https://medlineplus.gov/spanish/ency/patientinstructions/000559.htm
Problemas para dormir durante el embarazo

https://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm126362.htm
Problemas del sueño
Government agency sleep videos

CDC WHRC Sleep Story: Make Sleep a Priority
https://www.youtube.com/watch?v=imwnk-6selc

CDC WHRC: Make Wellness Your Business: Sleep Strategies for the Workforce
https://www.youtube.com/watch?v=iwEzA4Xh7Zo

Daylight Saving Time Preparedness Tips - Use Your Extra Hour
https://www.youtube.com/watch?v=e_7yuAu7C_8
STATE AND LOCAL GOVERNMENT RESOURCES ON SLEEP

http://www.vdh.virginia.gov/safe-sleep/resources/


http://dshs.texas.gov/mch/pdf/safe_sleep_spanish.pdf
Searchable, research-based tools and resources to help employers develop or expand a workplace health promotion program that supports their employees’ physical, mental, emotional, and financial well-being.

https://www.cdc.gov/workplacehealthpromotion/index.html
• Thank you for not sleeping

La felicidad de vivir, esta en dormir bien

Sleep...
...your brain will thank you

DearKidLoveMom.com