

Sleep

Get a Good Night's Rest



ACTIVE ADVENTURES
BE FIT TOGETHER

HEALTH BREAK

A good night's sleep is very important for everyone. Getting enough sleep helps you maintain your energy level and feel energized throughout the day without having to rely on caffeine. These habits can help you maintain or improve your sleep health.



BE CONSISTENT

Go to bed at around the same time each night and get up at around the same time each morning, including weekends.



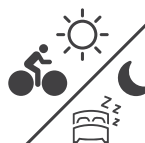
CREATE A COZY SPACE

Make sure your bedroom is quiet, dark, relaxing, and a comfortable temperature.



GET RID OF ELECTRONICS

Remove electronic devices, such as TVs, computers, and smart phones from the bedroom.



EXERCISE

Being physically active during the day can help you fall asleep more quickly at night.



SET A BEDTIME ROUTINE

Set a bedtime routine that is early enough to get you the recommended amount of sleep.



GO TO BED WHEN SLEEPY

If you don't fall asleep after 20 minutes, get out of bed and do a quiet activity without a lot of light. When you feel sleepy, return to bed.



AVOID

For best sleep, avoid these before bedtime:

- large meals
- caffeine (adults)
- alcohol
- exposure to bright lights

HOW MUCH?

- Adults: 7 hours or more
- Teens: 8 to 10 hours
- Children ages 6-12: 9 to 12 hours
- Children ages 3-5: 10 to 13 hours, including naps
- Children ages 1 and 2: 11 to 14 hours, including naps
- Infants: 12 to 16 hours, including naps



SOURCES/ADDITIONAL READING



American Academy of Sleep Medicine

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SP 1040-A 08/24 25-0199 Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.