BETTER SLEEP

WHAT HAPPENS WHEN WE SLEEP?

We Process • We Restore • We Strengthen • We Consolidate

HOW MUCH SLEEP DO WE NEED?

- **Infants**: 12–15 hours
- **Toddlers** (1–2 years): 11–14 hours
- **Preschoolers** (3–5): 10–13 hours
- **School age children** (6–13): 9–11 hours
- **Teenagers** (14–17): 8–10 hours
- **Adults**: 7–9 hours

TIPS FOR BETTER SLEEP

- Create a routine, stick with it even on weekends, try to plan a bedtime so you get 7–8 hours of sleep
- Avoid naps late afternoon or evening
- Exercise and eat a healthy diet
- Avoid cigarettes, alcohol, caffeine (block neurotransmitters keeping you excited and alert—recommendation stop at least 6 hours before bed) and heavy meals (less than 2–3 hours before bed) in the evening
- Wind down an hour before bed
- Turn off all electronics
- Limit fluids before bed (if it is waking you up at night, may want to stop 2 hours beforehand)
- If awake for more than 20 minutes, go to another dark room
- Sleep apps or white noise

STAGES OF SLEEP

Stage 1: Changeover from wakefulness to sleep. Lightest sleep and lasts several minutes.

Stage 2: Period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops, and eye movements stop. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages.

Stage 3: Period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night. Your heartbeat and breathing slow to their lowest levels during sleep. Your muscles are relaxed, and it may be difficult to awaken you. Brain waves become even slower.

REM: Sleep first occurs about 90 minutes after falling asleep. Your eyes move rapidly from side to side behind closed eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and irregular, and your heart rate and blood pressure increase to near waking levels. Most of your dreaming occurs during REM sleep, although some can also occur in non-REM sleep. As you age, you sleep less of your time in REM sleep. Memory consolidation most likely requires both non-REM and REM sleep.

Sources: https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep & https://www.nia.nih.gov/health/good-nights-sleep

If you would like more information, ask your provider about our ***Better Sleep Vital Investment Program (VIP)*** or call our 24 hr Call Center Support Team at **888.644.1448**

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