

# SLEEP HYGIENE

Age Group		Recommended Hours of Sleep Per Day
<b>Preschool</b>	3-5 years	10-13 hours
<b>School Age</b>	6-12 years	9-12 hours
<b>Teen</b>	13-18 years	8-10 hours
<b>Adult</b>	18-60 years	7 or more hours
	61-64 years	7-9 hours
	65 and older	7-8 hours

## KEY RECOMMENDATIONS

- Go to bed and wake up at the same time every day, including weekends
- Avoid napping more than 30 minutes during the day
- Blackout your room at night and use white noise (apps, fan, etc.)
- Relax 30 minutes before bed and prepare body to sleep
  - Avoid bright lights (minimize electronics in bed and 30 min before bed, or at least use night mode)
  - Practice mindfulness daily (App suggestions: Calm, Headspace)
- Turn down temperature or sleep with fan (Cooler temperature facilitate sleep)
- Exercise 6-7 days a week. Try to avoid exercising within 3 hrs of bedtime.
  - Exercise regardless of time is better than no exercise.

## FURTHER RECOMMENDATIONS WHEN YOU STILL CAN'T SLEEP

- Be in low light at night & bright light during the day.
  - Light Box (10,000 Lux lamp 30 min/daily) can help simulate early morning light exposure which for many is difficult to get especially in the winter months.
- Melatonin – Is a hormone that promotes sleepiness, and facilitates sleep. You may not be making enough melatonin naturally. Talk to your physician for more information.
- Avoid eating 1 hour before bed
- Avoid certain drinks close to bed time (Caffeine, Alcohol, citrus juice)
- Magnesium
  - Lack of magnesium, a dietary mineral that plays an important role in brain health, and can result in impaired sleep. A recommendation is to get the recommended daily allowance (RDA) for magnesium, not higher than 350 mg, which could cause adverse effects.