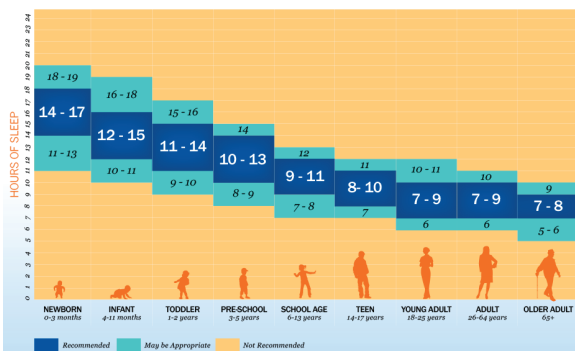# HRIC HELPFUL HINTS

SLEEP

When it comes to your mental health, sleep can have a profound effect on the development, progression, and treatment of many mental illnesses. Research tells us that getting an appropriate amount of sleep is important for our physical health which can affect our mental health, and the risks of not achieving it are dire: cardiovascular disease, stroke, and diabetes to name a few.

It is important to speak to your medical doctor about any issues with sleep you may be having, whether it be too little or too much, inability to fall asleep or stay asleep, breathing difficulties, or even snoring.

Tips:

- Sleep tracker, soothing sounds, and progressive alarm clock apps (both sound and/or light) can help with keeping track of sleep cycles, sending you off and helping you stay asleep, as well as helping you wake up more naturally.

- Do your best to establish, and stick to, an appropriate sleep schedule.

- Avoid stimulants such as sugar, caffeine, alcohol, and nicotine close to bedtime; rich, fried, fatty, or spicy foods should also be avoided.

- At least 30 minutes of moderate exercise a day has been proven to aid in healthier sleep.

- Your bedroom should be cool, dark, and quiet. Consider using AC, blackout curtains, or sound apps to create an ideal sleep space.

SLEEP DURATION RECOMMENDATIONS

HOURS OF SLEEP

	NEWBORN 0-3 months	INFANT 4-11 months	TODDLER 1-2 years	PRE-SCHOOL 3-5 years	SCHOOL AGE 6-13 years	TEEN 14-17 years	YOUNG ADULT 18-25 years	ADULT 26-64 years	OLDER ADULT 65+
	18 - 19	16 - 18							
	14 - 17		15 - 16						
	12 - 15	11 - 14	14				10 - 11	10	
	11 - 13		10 - 13	12	11			9	
	10 - 11	9 - 10	9 - 11	8- 10	7 - 9	7 - 9	7 - 8		
		8 - 9	7 - 8	7	6	6	5 - 6		

Recommended   May be Appropriate   Not Recommended

SLEEPFOUNDATION.ORG | SLEEP.ORG

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