

March is National Sleep Awareness Month!

The Gift of Sleep

Sleep is a gift we give our bodies. It is the time for cell and tissue regeneration. Sleep powers the mind, restores the body, and fortifies virtually every system in the body. But how much sleep do we really need in order to get these benefits?

How Much Sleep is Recommended for Each Age Group?

The National Sleep Foundation's recommendations for nightly sleep are broken down into nine age groups. [National Sleep Foundation guidelines¹](#)

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17
Infant	4-11 months old	12-15
Toddler	1-2 years old	11-14
Pre-school	3-5 years old	10-13
School Age	6-13 years old	9-11
Teen	14-17 years old	8-10
Adult	18-64 years old	7-9
Older Adult	65 and older	7-8

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

To pave the way for better sleep, follow these simple yet effective [healthy sleep tips](#).

- **Stick to a sleep schedule, even on weekends.**
- **Practice a relaxing bedtime ritual.** (Try simple breathing exercises - Breathe in for count of 4, hold your breath for count of 4, breathe out for count of 4 and hold that for count of 4. Focus on your breathing. Breathe in calm and breathe out stress and worry.)
- **Exercise daily.**
- **Evaluate your bedroom to ensure ideal temperature, sound and light.**
- **Sleep on a comfortable mattress and pillows.**
- **Beware of hidden sleep stealers, like alcohol and caffeine.**
- **Turn off electronics at least 30 minutes before bed.**
- <https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>
- <https://questforhealthkc.com/2018/02/01/sleep-tricks/>

How to Ease into Day Light Savings: Keep your same sleep routines. A few days before **March 13, 2022**, start going to bed 15 minutes earlier each night. In the morning, get plenty of sunshine to reset your circadian rhythm.

