

Sleep Health: Catching Zzz's

Benefits of Sleep

- Improved mood
- Healthy heart
- Regulated blood sugar
- Improved mental function
- Restored immune system
- Stress relief
- Athletic Performance
- Maintaining healthy weight

Risks of Not Enough Sleep

- Fatigue and a lack of energy
- Poor balance and coordination
- Mood changes and mental health issues
- Forgetfulness and neurological concerns
- Changes in appearance
- Weakened immune system
- Weight gain
- Higher stress levels
- Increased cardiovascular



How Much Sleep Do I Need?

Age	Sleep Recommended Daily
0 - 3 months	14 - 17 hours
4 - 12 months	12 - 16 hours (including naps)
1 - 2 years	11 - 14 hours (including naps)
3 - 5 years	10 - 13 hours (including naps)
6 - 12 years	9 - 12 hours
13 - 17 years	8 - 10 hours
18 - 60 years	7 or more hours
61 - 64 years	7 - 9 hours
65 years or older	7 - 8 hours

For more info regarding sleep health:

U.S. Centers for Disease Control and Prevention: <https://www.cdc.gov/sleep/index.html>