

## Let's Talk Sleep

The amount of sleep needed changes throughout your life. The National Heart, Lung, and Blood Institute general recommendation is:

<http://www.nhlbi.nih.gov/health/healthtopics/topics/sdd/howmuch>

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

Here are some ideas from the Cleveland Clinic to help kids get the sleep they need:

<http://www.clevelandclinicwellness.com/mind/HealthyKids/Pages/The-Importance-of-Sleep-for-Kids-and-Teens.aspx#>

1. Keep electronic devices out of kids' bedrooms—TV's, cell phones, computers, and video games. These devices are stimulating.
2. Teach kids about sleep requirements and help them to plan a bedtime that allows them to get enough sleep.
3. Keep bedtimes regular—even on the weekends.
4. Start your bedtime routine with dinner—having dinner at a regular time allows kids to plan activities such as homework between dinner and bedtime.
5. Have a wind down routine such as reading, stretching, music or a warm bath.
6. Create a sleep friendly environment-- consider lighting, noise, and temperature.