

# STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

## Sleep Awareness



### HOW MUCH SLEEP DO WE REALLY NEED?

Newborn (0-3 months)	Infants (4-11 months)	Toddler (1-2 years)	Preschool (3-5 years)	School age (6-13 years)	Teenagers (14-17 years)	Young Adults (18-25 years)	Adults (26-64 years)	Older Adult (65+ years)
14-17 hours per day	12-15 hours per day	11-14 hours per day	10-13 hours per day	9-11 hours per day	8-10 hours per day	7-9 hours per day	7-9 hours per day	7-8 hours per day



### BENEFITS OF DEEP SLEEP

- » Deep sleep is considered restorative sleep
- » Restores energy
- » Promotes tissue growth and repair
- » Increases blood supply to the muscles
- » Releases hormones, which may include growth hormone



### WHAT IS SLEEP DEPRIVATION?

- » Lack of sufficient and quality sleep
- » Out of sync with your circadian rhythm and sleeping at the wrong time of the day
- » Excessive daytime sleepiness
- » Poor quality of sleep
- » Diagnosis of a sleep disorder
- » Stress is the primary cause of short-term sleep difficulties.
- » Relationships with family and friends, work or school related stressors, serious illness, and death of a family member are often sources of increased stress that influence sleep.
- » If sleep is not managed well at this juncture, sleep difficulties can persist after the initial stressor has passed.



### SLEEP HYGIENE INSTRUCTIONS

- » Adhere to the same bed and wake time even on the weekends.
- » Avoid naps, especially in the afternoon.
- » Practice a relaxing bedtime ritual.
- » Exercise daily, at least three hours before bedtime.
- » Evaluate your sleep environment: recommended room temperature 60-67degrees for adults.
- » Sleep on a comfortable mattress and pillows.
- » Use bright light to manage your circadian rhythm.
- » Wind down and avoid electronics/ blue light before bed.
- » Avoid alcohol, cigarettes and heavy meals in the evening.
- » If you can't sleep, go to another room and do something relaxing until you feel sleepy.

