

SLEEP

Why it Matters

Getting a good night's rest can ensure that we are protecting our mental health, physical health, quality of life, and safety. During sleep our body is supporting our brain to function in a healthy way, and in our youth, sleep helps to support growth and development.¹



How much is enough?

The amount of sleep you need changes throughout the course of your life and depending on each person, but below are some general guidelines and recommendations for different age groups.¹



Children aged 6-12 years	9-12 hours a day
Teens aged 13-18 years	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

Good Sleep Habits

What do we do if we are having trouble getting sleep? Well here are some habits that can help improve your sleep health:²

- Be consistent. Go to sleep at the same time each night & wake up at the same time each morning. (Yes, even on weekends!)
- Remove all electronic devices from your room
- Get some exercise during the day
- Make sure your room is as comfortable as it can be

