



Take
Care
of
Yourself

SLEEP!

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The Texas A&M University System,
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HOW MUCH TIME DO YOU SPEND SLEEPING?

Most people sleep about a third of their lives. But that does not mean that they are lazy.

Everybody needs sleep, just as everyone needs nutritious food and clean air.

When you are awake and active, your body uses lots of energy. Being tired at night is normal. It means that your human "batteries" have run down.

SLEEP RECHARGES YOU SO THAT:

- You feel rested and have energy to do things
- Tension is less and you are more relaxed

- You are better able to fight off diseases
- Your body has a chance to repair itself
- You look fresh and alert
- Young bodies can grow strong
- Children can do well in school

SLEEP IS NECESSARY TO THE HEALTH OF CHILDREN AND ADULTS.

But, all people do not need the same amount of sleep to be healthy. For example:

- During the first 6 months, most infants sleep from 16 to 20 hours a day.
- As they get older, children need less sleep.

- Most school children need from 8 to 12 hours of sleep each day.
- Most adults need from 7 to 8 hours of sleep daily.
- Some adults need as much as 10 to 12 hours of sleep; others as little as 5 to 6 hours.
- Older adults often need less sleep than when they were younger.

The amount of sleep that each child and adult needs is a personal matter.

You are probably sleeping enough if you feel rested after sleeping, and your sleep allows you to get through the next day without being too tired.

Getting a sound sleep is just as important as making sure that you get enough sleep.

MOST OF US SLEEP BETTER WHEN WE:

- Have a well-ventilated sleeping room free of drafts.
- Keep the sleeping area free of disturbing noises.
- Use blankets and sleepwear that are comfortable (neither too heavy nor too light).
- Have a comfortable air temperature and moisture level.
- Avoid becoming too tired. Over-tiredness can prevent sleep.
- Try to relax or "unwind" before bedtime.
- Wash or bathe before going to bed.

This information was adapted by Carla Shearer, Extension health education specialist, The Texas A&M University System, from materials prepared by the Illinois Cooperative Extension Service. The author appreciates the assistance of Zelda Williams, Lynne Thibodeaux and Elaine Ward, Extension program specialists—family resource development program, Prairie View A&M University, The Texas A&M University System, in the preparation of this publication.

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