CWRU Wellness
Sleep Guide

A good night’s sleep is one of the most significant ways to keep yourself healthy and engaged in your life.

Effects of Short or Disturbed Sleep

- Memory Loss
- Weight Gain
- Heart Disease
- Weak Immune System
- High BP

Chronic sleep deprivation can hinder your daily functioning, but it can also have long-term effects on your health.

How Much Sleep Do You Need?

- 9-11 hours
  - 6 to 13 year olds
- 8-10 hours
  - 14-17 year olds
- 7-9 hours
  - 26-64 year olds
- 7-8 hours
  - 18-25 year olds
  - 65 years and up

A 2013 Gallup poll showed that 40% of Americans don’t get adequate sleep.

Tips for a Good Night’s Sleep

- Stick to a standard sleep/wake schedule
- Exercise regularly
- Reduce caffeine use—especially after noon
- One hour before sleep, turn off TV, phone
- Prepare a comfy bed in a cool room

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