



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
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Chronic sleep deprivation can hinder your daily functioning, but it can also have long term effect 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 A 2013 Gallup poll showed that 40% of Americans don't get adequate sleep.
7-9 hours 18-25 year olds 	7-8 hours 65 years and up 	

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	