

# How Much Sleep Do I Need For My Age?

## The National Sleep Foundation's Current Recommendations for Sleep Duration:

- Newborns (0-3 months): 14-17 h/day
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5 years): 10-13 hours
- Children (6-13 years): 9-11 hours
- Teenagers (14-17 years): 8-10 hours
- Younger adults (18-25 years): 7-9 hours
- Adults (26-64 years): 7-9 hours
- Older adults (65+ years): 7-8 hours

## QUICK SLEEP FACTS

- Consistently getting less than the recommended amount of sleep night after night puts children, teens and adults at increased risk for:
  - Depression & anxiety
  - Irritability, defiance and impulsiveness
  - Motor vehicle accidents
  - Substance abuse
  - High stress levels, and greater reactivity to stress
  - Obesity
  - Type 2 Diabetes
  - Hypertension
  - Cardiovascular disease
  - Compromised immune function
  - Certain cancers



## CONTACT US

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# SLEEP 101: FOR FAMILIES

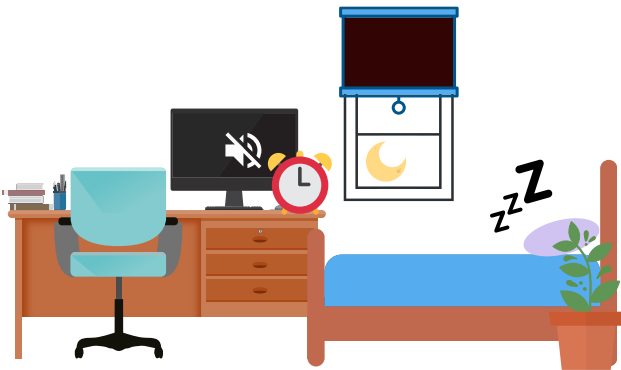
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## SLEEP ENVIRONMENT

- Experts recommend a **comfortable, quiet, dark, and cool** environment to promote physiological changes that induce sleep.
- **Bright lights**, like those emitted by screens, can disrupt sleep by altering **melatonin**, a circadian rhythm hormone.
- **Completely turn off or silence all electronic devices** to prevent seeing information that may cause anxiety, stress or excitement.
- Your child's bedroom should **not be used for time outs**. It is a good place, not a bad one.
- The **bed should only be associated with sleep**. Do not engage in waking behaviors, like eating, doing work/homework, or watching TV in bed.



## Your Child's Sleep Space

- **Remove TV, phones, and laptops from your child's bedroom** to prevent too much screen time and wakefulness.
- Set time limits for Wi-Fi usage.
- Use **blackout drapes**, a **supportive pillow** and an **eye mask** to reduce light.
- Listen to **calming music**.
- Try **aromatherapy** (spray the pillow with lavender or damask rose).
- Ideal bedroom temperature: **60-67F**

## Tips to Prepare for Sleep

- Have some fun and **do exercises that promote relaxation** like Yoga or Tai Chi.
- Do an activity together like the "**4-7-8 Breathing Method**" to promote calmness and relaxation.
- Have a **1 hour family quiet time** before bed to reduce stimulating activities or active play.
- Prepare for bed the same way every night by engaging a **bedtime routine 20-30 minutes before sleep**.
- Have a warm **shower/bath** as part of your **bedtime routine**.
- **Read a book or journal** with your child before getting into bed.
- **Consult a pediatrician** if you notice your child is still has difficulty sleeping.

## CONSISTENCY IS KEY

- Studies show that a **consistent routine helps the body learn** when to be asleep or awake.
- Your child's **sleep schedule should be about the same time for both school nights and non-school nights**.
- **Taking naps during the day may make it more difficult to fall asleep at night**. Most children no longer need naps after 5-6 years of age.

## Did You Know?

Exercise can help family members fall asleep more quickly and improve sleep quality.



## EAT BETTER, SLEEP BETTER

- Eating too much before bed can lead to upset stomach and poorer sleep quality.
- Sugary or greasy foods (like soda and fast food) can make it harder to sleep.

## How Much Caffeine Is In My Drink?

8 oz Coffee= 80-100 mg

1 can Soda= 30-80 mg

8 oz Tea= 30-50 mg

8 oz Energy drink= 40-250 mg



## Evaluate Eating Habits

- Family dinner time should be **2-3 hours** before getting into bed.
- **Avoid heavy or greasy foods** before bed.
- **Avoid sugar** (especially before bedtime).

## Limit Your Caffeine Intake

- Coffee, tea, soda and energy drinks contain **psychoactive stimulants** and **make it harder to sleep**.
- **No caffeine after 2 PM**.
- **<2 caffeinated beverages per day**.
- Aim for **<300mg per day**

## Healthy Alternatives

- Switch to an **herbal or chamomile tea**.
- **Consume energizing food** like nuts, spinach, eggs, edamame or fruit.
- **Drink water!** Staying hydrated will keep you full and less sluggish throughout the day.