



PennState
PRO Wellness



**Children's
Miracle Network
Hospitals**

Healthy Choices

Getting a Good Night's Sleep

pennstatehershey.org/PROwellness

Getting a Good Night's Sleep

Don't have enough time to sleep? Think again!

Better Sleep 101

- ❑ Set a reasonable and consistent bedtime.
- ❑ Turn off all electronic devices one hour before bedtime.
- ❑ Limit or avoid caffeine drinks.
- ❑ Cut out late night snacking and eating in front of the television at night.
- ❑ Establish a bedtime routine and stick to it!

Guidelines for Sleep Each Night¹

- ❑ Newborns ages 0-3 months: **14-17 hours**
- ❑ Infants ages 4-11 months: **12-15 hours**
- ❑ Toddlers ages 1-2 years: **11-14 hours**
- ❑ Preschoolers ages 3-5 years: **10-13 hours**
- ❑ School age children ages 6-13 years: **9-11 hours**
- ❑ Teenagers ages 14-17 years: **8-10 hours**
- ❑ Younger adults ages 18-25: **7-9 hours**
- ❑ Adults ages 26-64: **7-9 hours**
- ❑ Older adults ages 65+: **7-8 hours**

(1) <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>

