Healthy Choices
Getting a Good Night’s Sleep
pennstatehershey.org/PROwellness
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 Night**

- 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**

---