



*Scale Back Alabama 2017: Health Tip - Week 7*

# SLEEP WELL

Sleep is an important part of health that we tend to forget about! Lack of sleep may cause people to snack more and exercise less. Getting enough sleep at the right time can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. For additional resources on sleeping well, click [here](#).

**How much sleep do you need?**

- Newborns: 16 to 18 hours
- Preschool-aged Children: 11 to 12 hours
- School-aged Children: At least 10 hours
- Teens: 9 to 10 hours
- Adults (including older adults): 7 to 8 hours

**INCLUSION TIP:** Sleep is vital in the role of development and management of a number of chronic diseases and conditions including diabetes, cardiovascular disease, obesity, and depression. If you are a family member who cares for someone with a disability, make sure you also

take care of yourself by getting enough rest and other healthy living practices such as finding balance, good nutrition and physical activity.

**MYTH:** Counting sheep helps you fall asleep.

**FACT:** Research from a 2002 study found that participants who pictured and counted sheep had a harder time dozing off than those participants who pictured calming images like crackling fireplaces. Send the sheep back to the farm where they belong!

**WEEKLY RECIPE:**

[Easy Tea Recipes to Aid Sleeping](#)

**HEALTHY LIFESTYLE BEHAVIORS TRACKER:**

*(check when behavior added)*

- Set SMART Goal
- Exercise – Be FITT
- “Eat A Rainbow”
- Drink Water
- Plan Your Meals
- Practice Portion Control
- Sleep Well

## FAMILY FOCUS

It can be difficult to get children to calm down and get rest at the end of the day, but sleep is just as important for them as it for adults! Parents play a critical role in helping children prepare for a sound, restful night.