

The Importance of Sleep

**One
Life
Suffolk**



Tips on how to get a good night's sleep

- Create a bedtime routine
- A warm, relaxing bath
- Using dim lights encourages your body to produce the sleep hormone, melatonin
- Create a good sleeping environment - ideally a room that is dark, cool, quiet and comfortable
- Read a book
- Listen to soothing music
- Talk through any problems
- At least 30 minutes of screen-free time before going to bed
- Limit screens in the bedroom
- Regular exercise (at least 60 minutes of physical activity every day)
- Try not to have caffeine at least 4 hours before bedtime (found in drinks such as cola, tea and coffee)

How much sleep do you need?

Age (years)	Time (hours)
4	11 hrs 30 mins
5	11 hrs
6	10 hrs 45 mins
7	10 hrs 30 mins
8	10 hrs 15 mins
9	10 hrs

Age (years)	Time (hours)
10	9 hrs 45 mins
11	9 hrs 30 mins
12 & 13	9 hrs 15 mins
Teenagers	9 hrs
Adults	7 - 9 hrs

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