The Benefits of a Good Night’s Sleep

Getting a good night’s sleep does more than you think!

- Aids in memory consolidation
- Helps soothe stress from your day
- Aids in weight loss

Napping

- Keep naptime between 10-30 minutes
- Take naps in the afternoon (not too close to bedtime!)
- Take your naps in a relaxing environment

Keep it a catnap

7 Steps to Having Sweet Dreams

1. Stick to a sleep schedule
2. Pay attention to what you eat and drink
3. Create a bedtime ritual
4. Get comfortable
5. Limit daytime naps
6. Include physical activity in your daily routine
7. Manage Stress

<table>
<thead>
<tr>
<th>Age group</th>
<th>Recommended hours of sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td>14 to 15 hours</td>
</tr>
<tr>
<td>Toddlers</td>
<td>12 to 14 hours</td>
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<tr>
<td>School-age children</td>
<td>10 to 11 hours</td>
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<tr>
<td>Adults</td>
<td>7 to 9 hours</td>
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