Sleep

How much sleep should we get each night?

0-3 months	4-11 months	3-5 years	6-13 years	14-18 years	25-45 years	45-65 years	70-90 years
14-17 hours	12-15 hours	10-13 hours	9-11 hours	8-10 hours	7-9 hours	7-9 hours	7-9 hours

Impact of tiredness

We get triggered easily

Makes it difficult to focus

Increases your chances of being sick

There are things that we can do to help us sleep.

1. Avoid screens one hour before going to bed.
2. Be active during the day.
3. Do not eat or drink too much before going to bed.
4. Have a fixed wake-up time.
5. Block out light in your bedroom.