

National Sleep Awareness Week

March 3-9, 2008

The Erie County Department of Health is partnering with the National Sleep Foundation to raise awareness about the importance of getting the correct amount of sleep, and the negative effects it can have if you don't.

How Much Sleep Do We Need?

Age	Sleep Needs
Newborns (1-2 months)	10.5-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-Aged (5-12 years)	10-11 hours
Teenagers (12-17 years)	8.5-9.5 hours
Adults	7-9 hours
Older Adults	7-9 hours

Healthy Sleep Tips

1. Maintain a regular sleep schedule. Go to bed and wake up the same time every day --- even on weekends.
2. Establish a regular, relaxing bedtime routine. Read a book, take a bath, or listen to relaxing music.
3. Create a sleep environment that is dark, quiet, comfortable and cool.
4. Avoid eating for 2-3 hours before bed.
5. Avoid exercising close to bedtime.
6. Avoid caffeine, nicotine and alcohol close to bedtime.

Did You Know?

74% of American adults have difficulty sleeping a few nights a week or more

39% get less than 7 hrs of sleep each weeknight

37% are so sleepy during the day that it interferes with their daily activities

60% of adult drivers say they have driven while feeling drowsy in the past year.

37% have fallen asleep while driving.

13% of the people who fell asleep while driving have done so at least once a month.

Drowsy Driving

Not getting enough sleep can affect our driving, putting ourselves and those around us in danger. Drowsy driving can be just as fatal as drinking and driving. Drowsiness can slow our reaction time, decrease awareness, impair judgment and increase the risk of a crash.

For more information go to:

www.sleepfoundation.org

www.sleepforkids.org

www.drowsydriving.org

[NHTSA's "Wake Up and Get Some Sleep" Campaign](#)