



FAMILIES

TACKLING TOUGH TIMES

TOGETHER

Wellness Wednesday

A good night of sleep for everyone in the family can help support resilience during tough times. From infants to the elderly, consistent, sufficient sleep impacts [both mental and physical health](#) and wellbeing. Sleep needs vary by age, but getting enough sleep improves mood, heart health, productivity, memory, learning, and reduces fatigue, stress, accidents, and depression/anxiety. For overall health, sleep is important for everyone in the family. [How much sleep do you need?](#) Recommendations include 14-17 hours for newborn infants, 12-16 hours for infants under one year, 11-14 hours for toddlers, 10-13 hours for preschool age children, 9-12 hours for school age children, and 8-10 hours for teens. For parents, recommendations suggest 7 or more hours per night. The timing and consistency of how much sleep you get matters too. Setting up a [healthy and consistent sleep routine](#) can help the mind and body and provide opportunities for optimal sleep. Although many families know sleep is important, supporting healthy sleep habits and routines can be challenging. Below are several steps families can take to encourage positive sleep habits.

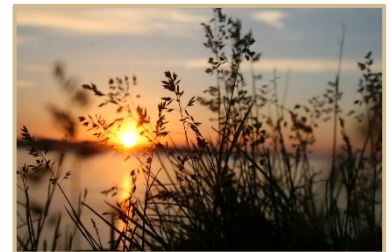
Supporting Family Sleep

A good night of sleep for everyone in the family starts during the day. Aim to give everyone exposure to natural light and [moderate physical activity](#) (if possible, at least 4 hours before bedtime). Know the sleep needs of everyone in your family and rough out a schedule that meets these needs. Consider work, daycare, school schedules, and your family sleep environments. For shift work, visit the [Sleep Foundation's](#) website for tips on how shift workers can put routines in place to help promote healthy sleep habits. [Napping](#) is important for infants and young children to help children recharge during the day. For adults in your family, avoid naps longer than 20 minutes, limit caffeine intake (5 hours before bed), [avoid alcohol consumption](#) (4 hours before bed), and limit nicotine use. For everyone in the family, it is best to avoid sugar and large meals 2 hours before bed. Families can also:

- Establish a consistent calming bedtime routine, for example, reading a book, stretching, meditation, or massage. Generally, these routines are 3-4 steps, last around 20 minutes, and end with a calming activity.
- Keep sleep locations dark, quiet, and cool.
- Avoid television/electronics before bed (if electronics are used, apply a blue light filter after dark).
- Set consistent a consistent bed and morning sleep time, ideally that follow light/dark cycles.

[Dimensions of Wellness](#) Related to Laughing More

- Physical
- Emotional
- Social
- Intellectual
- Vocational



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