

Good sleep habits for everyone



Humans spend a lot of their lives unconscious. Young babies spend more time asleep than awake, and as they grow older, people need less sleep. Most adults seem to need about eight hours per day. Sleep is important – without enough of it we feel tired, and our brains and bodies don't function as well as if we're well rested. It's not just humans that need to sleep – it's common across the animal kingdom.

The reason for sleep is still a bit of a mystery. We know lack of sleep makes us tired, but scientists aren't sure why sleeping makes us feel better and more alert. If you want to improve your sleep think about trying some of these tips:



- It is not good to frequently change the times you go to bed and get up
- The hour before going to bed should be used to wind down and do more relaxing things
- Try to have your dinner at least two hours before going to bed, but have a small snack before bed if you are hungry
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again and then go back to bed
- Many people who have trouble sleeping spend too long in bed
- Don't have things in the bedroom that distract you from sleep
- Getting sunlight during the day will help you to sleep better at night
- Most adults need 7-9 hours of sleep a day. Teenagers may need 10 or more hours a night.
- Naps in the evening can make it hard to get to sleep at night