

SLEEP

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Sleep

We often think of sleep as a period in which the mind and body is totally at rest, but in fact the very opposite is true. When you sleep, your body is working incredibly hard.

During your waking hours, you take in an enormous amount of data, both in what you experience and how you feel emotionally, and sleep is when the brain processes this data into memories.

Our bodies also use sleep to carry out essential maintenance and housekeeping roles, for example repairing the daily wear to our joints and muscles and ridding the body of waste products that have built up over the day.

Sleep is therefore absolutely essential for your physical and mental wellbeing. When you get enough sleep, you wake feeling refreshed and ready to tackle the day and when you don't get enough your alertness, mood and productivity suffer.

For more information:

<https://www.sleepstation.org.uk/articles/sleep-science/sleep-need/>



How much sleep do we need?

The National Sleep Foundation (NSF) published scientifically-based guidelines on the amount of sleep we require at each stage of our lives. They grouped sleep requirements into nine different age categories, as shown below.

Newborns	0-3 months	11-19 hours
Infants	4-11 months	10-18 hours
Toddlers	1-2 years	9-16 hours
Pre-schoolers	3-5 years	8-14 hours
School-aged children	6-13 years	7-12 hours
Teenagers	14-17 years	7-11 hours
Younger adults	18-25 years	6-11 hours
Adults	26-64 years	6-10 hours
Older adults	65 years plus	5-9 hours

- We often don't prioritise sleep as highly as we should, but getting enough sleep is imperative for maintaining a healthy body and mind.
- Your sleep need is as unique as you are and is influenced by biology, lifestyle and environment.
- Anything from 5-11 hours of sleep per night can be considered normal. If you are waking feeling refreshed and are able to go through your daily life without feeling sleepy then your sleep needs is being met.

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