



HC  
WELLNESS

## Curious facts

Tigers and babies sleep the same amount of hours, about 16 hours.

The longest time someone has gone without sleep is 11 days and 25 minutes

# SLEEP AND HEALTH

## IMPORTANCE OF SLEEPING WELL

Sleep allows the body to revitalize, renew and replenish itself. It helps the immune system function better, and keeps you mentally alert.

During sleep, your body is working to maintain healthy brain function and maintain your physical health. In children and adolescents, sleep also promotes growth and development.

While sleeping, the brain prepares for the next day. It forms new pathways to aid in learning and information storage.



# Average hours of sleep by age

AGE	HOURS OF REST NEEDED
Newborns up to 3 months	14 - 17 hrs
4 - 11 months	12 - 15 hrs
1 - 2 years	11 - 14 hrs
3 - 5 years	10 - 13 hrs
6 - 13 years	9 - 11 hrs
14 - 17 years	8 - 10 hrs
Young adults (18 to 25 years old)	7 - 9 hrs
Adults (26 to 64 years)	7 - 9 hrs
Adults (64 years +)	7 - 8 hs

## Curious facts

An average human being sleeps 1/3 of his life.

A complete sleep cycle lasts between 90 and 110 minutes.

On average most healthy adults take 10 to 20 minutes to fall asleep. If you take more or less time, it may be a sleep disorder.

# Consequences of not sleeping well

- Chronic fatigue
- Loss of cognitive abilities
- Reduced physical performance
- Risk of cardiovascular disease
- Risk of metabolic disorders
- Weakened immune system
- Depression and anxiety
- Chronic diseases
- Premature aging
- Decreased quality of life

