



# Good Rest Is Best

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Getting enough sleep each day may help protect you from heart disease, diabetes, obesity and depression. Make sure you get the right amount of sleep each night.

**Sleep is important for both mental and physical health. It affects how well your brain and body function throughout the day.**

## Teens & Adults:

- 10-17 years old need 8.5-9.25 hours/day
- 18 years and older need 7-9 hours/day

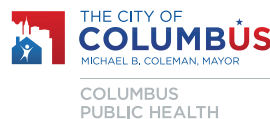
## Infants & Children:

- Birth-2 months need 12-18 hours/day
- 3-11 months need 14-15 hours/day
  - *For infants, follow the ABC's of Safe Sleep: Alone, on their Backs, and in a safety-approved Crib*
- 1-3 years need 12-14 hours/day
- 3-5 years old need 11-13 hours/day
- 5-10 years old need 10-11/day

## Healthy Sleep Habits:

- Avoid eating large meals before going to sleep.
- Take time to relax before bedtime.
- Go to bed and wake up at the same time every day.
- Sleep in a quiet, dark, and relaxing environment.
- Remove distractions, including TVs, computers, and other “gadgets” from the room where you sleep.

Columbus Public Health  
240 Parsons Ave, Columbus, OH 43215  
www.publichealth.columbus.gov



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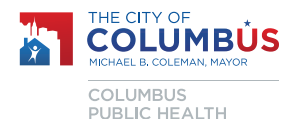
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