



## The Undeniable Influence of Sleep on Your Mind and Body

### Age groups and recommended amount of daily sleep for each

Age Group	Recommended Hours of Sleep
Infant (4-12 months)	12-16 hours per 24 hours
Toddler (1-2 years)	11-14 hours per 24 hours
Pre-School (3-5 years)	10-13 hours per 24 hours
School Age (6-12 years)	9-12 hours per 24 hours
Teen (13-18 years)	8-10 hours per 24 hours
Adult (18-60 years)	7 or more hours per night





## Do we really need sleep?

### **Cognitive Function:**

Sleep is crucial for cognitive functions such as memory consolidation, learning, and problem-solving.

### **Mood Regulation:**

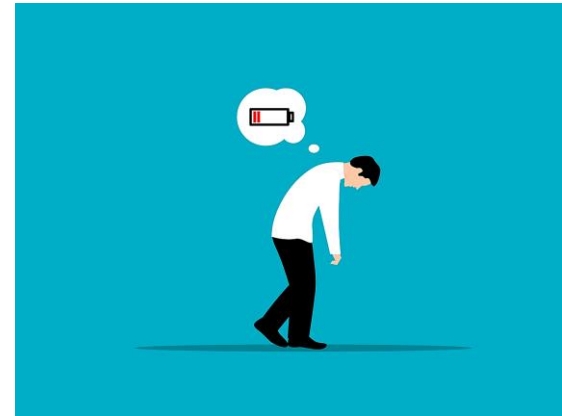
Adequate sleep plays a vital role in mood regulation and emotional well-being.

Lack of sleep can contribute to irritability, anxiety, and increased stress.

### **Physical Health:**

Sleep is essential for overall physical health and helps in the repair and restoration of various bodily functions.

Lack of sleep is linked to an increased risk of chronic health conditions such as heart disease, diabetes, and obesity.



### **Immune System Support:**

Quality sleep supports the immune system, helping the body defend against infections.

Lack of sleep may compromise the immune response.

### **Weight Management:**

Sleep plays a role in regulating hormones related to appetite and metabolism.

Inadequate sleep is associated with weight gain and obesity.

### **Productivity and Performance:**

Quality sleep is linked to improved concentration, productivity, and overall performance.

Lack of sleep can lead to impaired judgment and increased risk of accidents.



## Common Sleep Disorders

### Insomnia:

Characterized by difficulty falling asleep, staying asleep, or both.

**Causes:** Stress, anxiety, depression.

### Sleep Apnea:

Involves interruptions in breathing during sleep.

**Causes:** Daytime sleepiness, impaired cognitive function, cardiovascular issues, metabolic effects and weight gain.

### Narcolepsy:

Neurological disorder affecting control of sleep-wake cycles. Narcolepsy is characterized by persistent and overwhelming daytime sleepiness, even after a full night's sleep.

**Symptoms:** Excessive daytime sleepiness, sudden loss of muscle strength (cataplexy).

Sources: <https://new.nsf.gov/news/deep-brain-stimulation-during-sleep-strengthens> <https://www.cdc.gov/sleep/features/getting-enough-sleep.html> <https://www.mayoclinic.org/diseases-conditions/sleep-disorders/symptoms-causes/syc-20354018> <https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-understanding-sleep> [https://www.cdc.gov/sleep/about\\_sleep/key\\_disorders.html](https://www.cdc.gov/sleep/about_sleep/key_disorders.html) <https://www.cdc.gov/bloodpressure/sleep.htm> <https://www.sleephealthfoundation.org.au/> <https://pixabay.com/> <https://picjumbo.com/> <https://www.sciencedirect.com/journal/sleep-medicine-reviews>

## How to avoid them?

### Sleep Hygiene Practices:

Adopting good sleep hygiene practices involves creating a sleep-conducive environment, maintaining a regular sleep schedule, and avoiding stimulants before bedtime.

### Relaxation Techniques:

Practices such as progressive muscle relaxation, deep breathing exercises, or guided imagery can help calm the mind and promote relaxation before bedtime.

### Weight Management:

For individuals with sleep apnea associated with obesity, weight loss through diet and exercise can be an effective non-medicinal intervention.

### Sleep Restriction Therapy:

Sleep restriction therapy involves limiting the time spent in bed to improve sleep efficiency and consolidate sleep.



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