Sleep for adults

Adults ages 18 to 64 should aim for 7 to 9 hours of uninterrupted sleep each night.

Move more, sleep well:

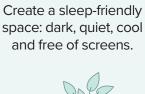
Sleep is just as important as being active! The benefits of physical activity are increased when paired with sufficient sleep. Adequate sleep supports better stress management and helps you function more effectively both at home and at work.

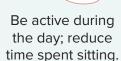


Tips for a good night's sleep:



Stick to regular bed and wake-up times (even on weekends).







Limit screen time during the day and avoid screens at least 1 hour before bed.



Establish a relaxing routine 30 minutes to 1 hour before bed.



Avoid large meals, caffeine, alcohol and nicotine before bed.



Sweat 150 minutes per week



Step Several hours



Produced by OSPAPPH Sleep Working Group When families practice healthy sleep habits, it leads to better sleep for the entire family.

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Sleep 7 to 9 hours