# Getting enough Zzzz's

**It's important to get good quality sleep each night to help:**

- Support our immune system to work, which helps the body to fight sickness.
- Our muscles, skin and bones to repair.
- The brain to remember, solve problems, think of new ideas, be creative and pay attention.
- Improve mood and get along with others.
- Give us more energy to be active.
- Stick to healthy eating routines and make healthier food choices.

**What happens if we don't get enough sleep?**

- Leaves us feeling sluggish, tired, forgetful, and irritable.
- Makes it tricky to make decisions or concentrate.
- Makes us feel sleepy during the day from a lack of sleep.
- Can make it harder to stick to healthy habits.

**So... how much sleep do we actually need each night?**

| | | | |
|---|---|---|---|
| 0 – 3 months<br>**14 – 17 hours*** | 4 – 11 months<br>**12 – 16 hours*** | 1 - 2 years<br>**11 – 14 hours*** | 3 - 5 years<br>**10 – 13 hours*** |
| 5 - 13 years<br>**9 – 11 hours** | 14 - 17 years<br>**8 – 10 hours** | Adults (18+)<br>**7 – 9 hours** | |

These recommendations are just a guide. We may need slightly more or less than is recommended for our age - but it's a good place to start!
(* Ages 0 - 5 years may include naps.)