

## **March is National Sleep Awareness Month – Make Sleep A Priority!**

Sleep is a biological necessity, fundamental for a healthy and fulfilling life. It revitalizes the mind and body, and prepares you to perform at your best. Adequate, quality sleep is just as important as eating nutritious foods and being physically active, as it allows your other healthy choices to count.

Your sleep plays a crucial role in overall well-being, directly influencing physical health, cognitive function, and mental health:

- **Physical Health:** Sleep allows your body to repair and restore itself, strengthening your immune system, regulating hormones, and lowering your risk of chronic conditions like heart disease, obesity, and diabetes.
- **Cognitive Function:** A well-rested brain performs better, enhancing attention, concentration, reaction time, problem-solving skills, and creativity.
- **Mental and Emotional Health:** When well-rested, you are more likely to better manage your emotions, make good decisions, and cope effectively with change. Insufficient sleep is linked to increased irritability, stress, and a higher risk of developing anxiety and depression.

Getting the right amount of sleep can mean the difference between powering through your day and dragging yourself through it. So... what is adequate sleep? Adequate sleep means both hours slept and quality of sleep. The amount of needed sleep per night varies by age group, as shown in the table on the right. Most healthy adults typically need 7 to 9 hours of sleep per night. Infants, young children, and teenagers should get more sleep to support their growth and development.

Age Group	Amount of sleep needed per night
Infants and toddlers	11-14 hours
Children and adolescents	9-10 hours
Adults	7-9 hours
Older adults	7-8 hours

It is also crucial to have high-quality sleep, not just a long duration. Quality sleep means falling asleep in 30 minutes or less; waking up no more than once per night and falling back asleep within 20 minutes if you do wake up; and, feeling rested and energized in the morning.

Data shows a lot of people don't get adequate sleep. For instance, 35% of adults report sleeping less than 7 hours per night. Join us, throughout the month of March, as we prioritize sleep! Be intentional about your sleep habits, and make a conscious effort to prioritize your sleep in order to achieve better health and well-being. **Sleep impacts everything you do! As best you can, try to make sleep a priority!**

For more information/resources about sleep, follow us on [Facebook](#) and [Instagram](#), and also visit our website: <https://www.daviscountyutah.gov/health/public-health-initiative/sleep>.