好睡眠 ⟶ 身体健康！

睡眠可以增强抵抗力，调节代谢，减糖尿病风险，调节心血管系统,
减低血压，提升记忆力，等等。

如果一天没睡好，你会...

- 更饿，吃的更多
- 专注力和记忆力的下降
- 提高车祸风险
- 提高生病风险

很久没睡够能造成...

- 焦虑和抑郁症
- 心血管疾病和中风
- 增加癌症风险
- 阿尔茨海默氏病
- 糖尿病

要是想睡的更好...

- 睡觉一小时前电子用品关机
- 降低卧室温度
- 保持每天在同样的时间睡觉
- 中午以后停止喝咖啡因
- 下午三点以后少睡午觉
- 尽量在白天锻炼身体

年龄	需要的睡眠
婴儿	长达18小时
1-12月	14 - 18小时
1 - 3年	12 - 15小时
3 - 5年	11 - 13小时
5 - 12年	9 - 11小时
青少年	9 - 10小时
成年人	7 - 8小时

你有睡够么?

早上十点到十一点
还想接着睡吗? ⟶ **想**

中午之前无咖啡因
能正常工作吗? ⟶ **不能**

能睡过闹钟吗? ⟶ **能**

没睡够!

MORE SLEEP → A HEALTHIER YOU

Sleep benefits mental and physical health at every known level. Physically, sleep strengthens one's immune system, restores a metabolic balance, decreases the risk of diabetes, regulates the cardiovascular system, and lowers blood pressure. Mentally, sleep improves memory, enhances the ability to learn and the ability to make logical decisions. **There are no known biological functions that do not benefit from sleep.**

After one night of sleep deprivation, you are...

- Hungrier and more likely to overeat
- Less focused and may experience memory problems
- At an increased risk for a car accident
- More likely to catch a cold

After prolonged sleep deprivation, you are at an increased risk for...

- Psychiatric conditions such as anxiety and depression
- Cardiovascular disease and stroke
- Cancer, with risk doubling
- Alzheimer's Disease
- Diabetes

In order to get a better night of sleep:

- Turn off electronics at least an hour before bed
- Keep bedroom temperature cool
- Stick to a consistent sleep schedule
- Stop drinking caffeine by early afternoon
- Limit naps, especially after 3 pm
- Exercise earlier in the day

Age	Avg. Hours of Sleep Needed
Infants	Up to 18
1 - 12 months	14 - 18
1 - 3 years	12 - 15
3 - 5 years	11 - 13
5 - 12 years	9 - 11
Teens	9 - 10
Adults	7 - 8

Simple Questions to Ask:

Could you fall back asleep at 10 or 11 am? → **Yes**

Can you function without caffeine before noon? → **No**

Could you sleep past your alarm? → **Yes**

→ **You are sleep deprived!**

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