

Health Information from the School Nurses, April 22, 2020

The coronavirus has changed everyone's day to day routine, and that alone can cause stress. More than ever it's important to try to keep a routine particularly a bedtime schedule, so everyone gets enough sleep.

Having enough sleep helps you and your children stay healthy. Getting adequate sleep helps your immune system be able to perform its job, fighting off illness. It also helps lower your risk for long term health conditions like obesity and type 2 diabetes. It contributes to heart and cardiovascular health and also supports brain function.

Average sleep needed by age (per the National Sleep Foundation):

- Preschoolers (3-5): 10-13 hours
- School age children (6-13): 9-11 hours
- Teenagers (14-17): 8-10 hours
- Younger adults (18-25): 7-9 hours
- Adults (26-64): 7-9 hours
- Older adults (65+): 7-8 hours

<https://www.cdc.gov/healthyschools/sleep.htm>