Sleep Health

People need sleep so that they can heal, grow, concentrate, energize, function, and regulate mood. Sleep is a mini-vacation for our minds and bodies. All people have different sleep needs. Check out the CDC recommendations for sleep listed below to ensure that you and your family get the most out of "nightly vacations".

Sleep can be negatively impacted by what you eat and drink. Spicy, acidic, and fatty foods can make it more difficult to reach the stages of sleep that your body needs most.

For information about Autism Spectrum Disorder and Sleep, join us online on Thursday, June 25 at 8:30am.

Sleep Recommendations

**Centers for Disease Control (CDC)**

- 0-3 months: 14-17 hours per day
- 4-12 months: 12-16 hours per day
- 1-2 years: 11-14 hours per day
- 3-5 years: 10-13 hours per day
- 6-12 years: 9-12 hours per day
- 13-18 years: 8-10 hours per day
- 18 and up: 7+ hours per day

Impacts of Insufficient Sleep

- Poor coordination
- Mood swings
- Decreased focus/concentration
- Slowed growth
- Memory impairment
- Nervous system impairment
- Slowed healing
- Mental/emotional health challenges

### Upcoming Events

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
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</thead>
<tbody>
<tr>
<td>Thurs 6/25 @ 8:30a</td>
<td>Autism Spectrum Disorder &amp; Sleep</td>
<td><a href="https://zoom.us/meeting/register/tJArdemprzgjH9TmUS5qPJHMryVywJehEKv6v">https://zoom.us/meeting/register/tJArdemprzgjH9TmUS5qPJHMryVywJehEKv6v</a></td>
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<tr>
<td>Thurs 6/25 @ 7pm</td>
<td>Sensory Processing Disorder Webinar</td>
<td><a href="https://register.gotowebinar.com/register/1515359427244822029">https://register.gotowebinar.com/register/1515359427244822029</a></td>
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<tr>
<td>Fri 6/26 @ 5pm</td>
<td>Family Fun Hour: BINGO</td>
<td><a href="https://tinyurl.com/ybaqhr7">https://tinyurl.com/ybaqhr7</a></td>
</tr>
<tr>
<td>Mon 6/29 @ 10am</td>
<td>Ask Me Anything: Behavior Edition</td>
<td><a href="https://global.gotomeeting.com/join/329637733">https://global.gotomeeting.com/join/329637733</a></td>
</tr>
<tr>
<td>Thurs 7/2 @ 8:30am</td>
<td>Repetitive Behaviors: Getting Un-stuck</td>
<td><a href="https://tinyurl.com/y7t4e8v3">https://tinyurl.com/y7t4e8v3</a></td>
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