



35% of teenagers do not get enough sleep.

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Self-reported stress decreases as the amount of sleep increases in all age groups.

(American Psychological Association)

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

Date/Time	Topic	Link
Thurs 6/25 @ 8:30a	Autism Spectrum Disorder & Sleep	https://zoom.us/meeting/register/tjArdemprzgjH9TmU5qPjHMrVywJehEKv6v
Thurs 6/25 @ 7pm	Sensory Processing Disorder Webinar	https://register.gotowebinar.com/register/1515359427244822029
Fri 6/26 @ 5pm	Family Fun Hour: BINGO	https://tinyurl.com/ybaqhr7
Mon 6/29 @ 10am	Ask Me Anything: Behavior Edition	https://global.gotomeeting.com/join/329637733
Thurs 7/2 @ 8:30am	Repetitive Behaviors: Getting Un-stuck	https://tinyurl.com/y7t4e8v3



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