



In addition to clinical sleep problems, poor sleep habits can cause poor quality sleep in adults.

To help improve overall sleep and wellness, the World Association of Sleep Medicine (WASM) has created:

➤ **The 10 Commandments of Sleep Hygiene for Adults:**

1. Fix a bedtime and an awakening time.
2. If you are in the habit of taking siestas, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime, and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve your bed for sleep and sex. Don't use the bed as an office, workroom or recreation room.

The recommendations for both children and adults can be found at:
www.worldsleepday.org/toolkit/resources



The World Sleep Society has developed recommendations on how to obtain a healthy restorative sleep.

➤ **The Ten Commandments for Children's Sleep (ages birth to 12 years):**

1. Go to bed at the same time every night, preferably before 9.00pm.
2. Have an age appropriate nap schedule.
3. Establish a consistent bedtime routine.
4. Make your child's bedroom sleep conducive – cool, dark, and quiet.
5. Encourage your child to fall asleep independently.
6. Avoid bright light at bedtime and during the night, and increase light exposure in the morning.
7. Avoid heavy meals and vigorous exercise close to bedtime.
8. Keep all electronics, including televisions, computers, and cell phones out of the bedroom and limit use of electronics before bedtime.
9. Avoid caffeine, including many sodas, coffee, and teas (as well as iced tea).
10. Keep a regular daily schedule, including consistent mealtimes.

TABLE OF RECOMMENDED SLEEP

AGE	SLEEP NEED
3-12 months	— 14 to 15 hours
1-3 years	— 12 to 14 hours
3-5 years	— 11 to 13 hours
6-12 years	— 10 to 11 hours
12-18 years	— 8.5 to 9.5 hours



Sleep problems can be improved, but recognition has to come first, emphasizing the importance a good night's sleep to overall health and well-being.

- Good sleep is one of the 3 pillars of good health along with a balanced diet and regular exercise.
- There are close to 100 disorders of sleep but most are modifiable and manageable with the help of your General Practitioner or Paediatrician.
- Having good sleep night after night is a dream for many people but may be achievable with proper help.

THREE ELEMENTS OF GOOD QUALITY SLEEP:

1. **Duration**- The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
2. **Continuity**- Sleep periods should be seamless without fragmentation.
3. **Depth**- Sleep should be deep enough to be restorative.

WORLD SLEEP DAY DECLARATION:

- ***Whereas, sleepiness and sleeplessness constitute a global epidemic that threatens health and quality of life,***
- ***Whereas, much can be done to prevent and treat sleepiness and sleeplessness,***
- ***Whereas, professional and public awareness are the first steps to action,***
- ***We hereby DECLARE that the disorders of sleep are preventable and treatable medical conditions in every country of the world.***

WORLD SLEEP SOCIETY

ADVANCING SLEEP HEALTH WORLDWIDE



Founded by WORLD ASSOCIATION OF SLEEP MEDICINE and WORLD SLEEP FEDERATION