



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. Establish a regular bedtime and waking 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, inviting bedding.
8. Find a comfortable sleep temperature setting 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, avoiding its use for work or general recreation.

The recommendations for both children and adults can be found at:
www.worldsleepday.org/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. Make sure your child gets enough sleep by setting an age-appropriate bedtime (preferably before 9:00 pm or 21:00 hours) and wake time*.
2. Keep a consistent bedtime and wake time on weekdays and weekends.
3. Establish a consistent bedtime routine and recommend wearing comfortable clothes in bed, including strong absorbing diapers for infants.
4. Encourage your child to fall asleep independently.
5. Avoid bright lights at bedtime and during the night and increase light exposure in the morning.
6. Keep all electronics, including televisions, computers, and cell phones, out of the bedroom and limit use of electronics before bedtime.
7. Maintain a regular daily schedule, including consistent mealtimes.
8. Have an age-appropriate nap schedule.
9. Ensure plenty of exercise and time spent outdoors during the day.
10. Eliminate foods and beverages containing caffeine, including many sodas, coffee, and tea.

*** 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.***

