

THE NATIONAL SLEEP FOUNDATION'S CURRENT RECOMMENDATIONS FOR SLEEP DURATION BY AGE:

- Newborns (0-3 months): 14-17h/day
- Infants (4-11 months): 12-15h/day
- Toddlers (1-2 y): 11-14 h/day
- Preschoolers (3-5 y): 10-13h/day
- Children (6-13 y): 9-11 h/day
- Teenagers (14-17 y): 8-10h/day
- Young Adults (18 -25 y): 7-9h/day
- Adults (26-64 y): 7-9h/day
- Older Adults (65+ y): 7-8h/day

WHEN SHOULD I GET PROFESSIONAL HELP?

Check with your physician if your sleep problems:

- Persist and happen on more days than not.
- Severely interfere with what you do during the day.
- Are very concerning or distressing to you.

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WHAT SHOULD I DO TO RESET MY BODY CLOCK?

- Get up at the same time as you usually do.
- Go to bed the following night around or after your usual bedtime. Do not go to bed too early.
- Remain active and avoid or minimize napping during the day

CONTACT US

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Sleep Tips

For Social Isolation Due To COVID-19

DEPARTMENT OF KINESIOLOGY
AND HEALTH

Rutgers University-New Brunswick

CONSISTENCY IS KEY



- Get up around the same time every day.
- Eat meals around the same time each day, especially breakfast.
- Exercise around the same time each day.
- Get bright light into your eyes within a few minutes of getting up.

SLEEP ENVIRONMENT

- Bright lights, like those emitted by screens, can disrupt sleep by altering melatonin, a circadian rhythm hormone.
- Turn off or silence all electronic devices to prevent seeing information that may cause anxiety, stress or excitement.
- A child's bedroom should not be used for time outs. It is a good place, not a bad one.
- The bed should only be associated with sleep.
- Do not engage in waking behaviors, like eating, doing work/homework, or watching TV in bed.
- Keep daytime and night-time spaces at home different and separate.

YOUR BEDROOM SHOULD BE COMFORTABLE, QUIET, DARK AND COOL.

YOUR BEDTIME ROUTINE

- Family dinner time should be 2-3 hours before getting into bed. Eating too much before bed can lead to upset stomach and poorer sleep quality.
- Avoid snacking before bed. Sugary or greasy foods (like soda and fast food) can make it harder to sleep.
- Reduce alcohol intake.
- Avoid cigarettes in the evening.
- Have a warm shower/bath as part of your bedtime routine.
- Do exercises that promote relaxation like Yoga or Tai Chi.

TIPS TO PREPARE FOR SLEEP

- Go to bed is around your usual bedtime when your "wave" of sleepiness is arriving
- Unwind at least 1 hour before bed
- Focus on getting yourself into a relaxed state of mind and focus on resting.
- Dim and block blue light on electronic devices 1 to 2 hours before bedtime.



YOUR CHILD'S SLEEP SPACE

- Remove TV, phones, and laptops from your child's bedroom to prevent too much screen time and wakefulness.
- Set time limits for Wi-Fi usage.
- Use blackout drapes, a supportive pillow and an eye mask to reduce light.
- Listen to calming music.
- Try aromatherapy (spray the pillow with lavender or damask rose).
- The ideal temperature for sleeping is 60-67°F.

FREQUENT QUESTIONS

WHAT SHOULD I DO IF I CANNOT FALL ASLEEP?

- Try the 4-7-8 breathing method. It has been shown to help with anxiety and falling asleep.
 - Breathe in for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.
- Do not attempt to sleep when you are alert, fully awake, or distressed.
- If you lay down and cannot fall asleep, get out of bed and engage in a relaxing activity until you feel sleepy and then return to bed.

IS IT OK TO HAVE CAFFEINE?

- Yes, but in moderation. Coffee, tea, soda and energy drinks contain psychoactive stimulants and make it harder to sleep.
- No caffeine after 2 PM and at least 6 hours before bedtime.
- <2 caffeinated beverages per day.
- Aim for <300mg per day.

HOW MUCH CAFFEINE IS IN MY DRINK?

8oz coffee= 80-100 mg
1 can soda= 30-80 mg
Tea= 30-50 mg
Energy drink= 40-250 mg

SHOULD I TAKE A NAP?

- Avoid napping during the day as it will make it harder for you to fall asleep at night.
- If you are so tired that you unintentionally doze off, take a brief catnap (10-20mins).
- Most children no longer need naps after 5-6 years of age.