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## HEALTHY SLEEP HABITS IMPORTANT FOR ADJUSTING TO DAYLIGHT SAVING TIME



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**Tallahassee, Fla.**— The Florida Department of Health encourages all Florida residents and visitors to learn about the importance of healthy sleeping habits and how they affect overall health as we move our clocks forward for daylight saving time on Sunday. Not getting enough sleep can cause side effects ranging from drowsiness and slowed reaction times to weight gain or heart trouble

“Sleep is vital to our quality of life and daily activities,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “I encourage you to use this time change as an opportunity to reset your sleeping habits and learn about the recommended hours of sleep needed daily.”

The [National Sleep Foundation](#) celebrated its annual Sleep Awareness Week this past week to raise awareness for prioritizing sleep in order to improve health and well-being. [Sleep needs](#) vary from person to person and change as people age:

- Infants 3–11 months: 14–15 hours;
- Toddlers 1–3 years: 12–14 hours;
- Pre-schoolers 3–5 years: 11–13 hours;
- School-aged 5–10 years: 10–11 hours;
- Teens 10–17: 8.5–9.5 hours; and
- Adults: 7–9 hours.

Some suggestions to achieving healthy sleep include:

- Following a [regular sleep schedule](#) by getting up and going to sleep at the same times each day;
- Practice [relaxation techniques](#) to destress before going to bed;
- Avoid napping during the day;
- Exercise daily; and
- Evaluate your [sleep environment](#).

Learn more about healthy sleep habits by visiting [sleep.org](https://sleep.org) or the Centers for Disease Control and Prevention [feature article](#).

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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