

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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Contact: Communications Office
(850) 245-4111

**Florida Department of Health Promotes Healthy Sleeping Habits as Daylight
Saving Time Approaches**

~ Healthy weight associated with good sleep hygiene ~



TALLAHASSEE—This weekend, as we move our clocks forward for Daylight Saving Time, the Florida Department of Health encourages everyone to learn more about the importance of healthy sleeping habits for healthy outcomes, to include healthy weight. Across all age groups, but particularly among children, studies have shown an association between short sleep duration and excess body weight.

“Good sleeping habits are an essential part of a healthy lifestyle,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “It’s important for Florida’s children, adults and families to know how much sleep is recommended for each age group and to plan for the right amount of sleep every night.”

In addition to unhealthy weight, insufficient sleep is linked to other chronic conditions including diabetes, heart disease and depression.

The National Sleep Foundation recommends the following hours of sleep for each age group:

- Infants 3–11 months: 14–15 hours

Florida Department of Health
Office of Communications
4052 Bald Cypress Way, Bin A-04 • Tallahassee, FL 32399-1705
PHONE: 850/245-4111 • FAX 850/488-6495

www.FloridaHealth.gov
TWITTER: HealthyFLA
FACEBOOK: FLDepartmentofHealth
YOUTUBE: fldoh
FLICKR: HealthyFla
PINTEREST: HealthyFla

- 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
- Adults: 7–9 hours

Additional tips for smart sleeping habits include:

- Go to bed at the same time each night and wake up at the same time each morning.
- Make sure your bedroom is a quiet, dark and relaxing environment, which is neither too hot nor too cold.
- Make sure your bed is comfortable and use it only for sleeping, not for other activities, such as reading, watching TV or listening to music.
- Avoid large meals before bedtime.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. The Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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