



Family sleep information

Why do we need sleep?

Sleep is an important time for your body and brain to repair, restore and recharge. Getting enough sleep means feeling and living well each day.

A good night's sleep helps with:

- Learning
- Memory
- Productivity
- Reaction time
- Decision making
- Regulating mood and emotions
- Maintaining a healthy immune system
- Reducing the risk of conditions such as heart disease, type 2 diabetes, obesity and mental health conditions

How much do we need?

The amount we need changes with age. Different people may also have different sleep needs. The advice below is a guide.

Age	Recommended
Newborns 0-3 months	14 to 17 hours
Infants 4-11 months	12 to 15 hours
Toddlers 1-2 years	11 to 14 hours
Preschoolers 2-5 years	10 to 13 hours
School-aged 6-13 years	9 to 11 hours
Teenagers 14-17 years	8 to 10 hours
Adults 18-64 years	7 to 9 hours
Older Adults ≥ 65 years	7 to 8 hours

Sleep Health Foundation. (2024).



Healthy sleep checklist

There are many things that can affect the quality of sleep you or your family members are getting. To learn more about you and your family's sleeping habits and needs, circle 'yes' or 'no' to the items in the list below.

Consistent bed and wake up time (aim for a 30-minute window)	Yes	No
Avoid daytime napping (if over 5 years of age)	Yes	No
Screen-free bedroom (phones, tablets, laptops, TVs)	Yes	No
Avoid screens for 1 hour before bed	Yes	No
Bedroom is quiet and dark	Yes	No
Avoid stimulation before bed	Yes	No
Use a night light (if necessary)	Yes	No
Not too full or hungry before bed	Yes	No
Avoid caffeine (coffee, black tea, cola and energy drinks) in late afternoon/evening	Yes	No
Get enough physical activity during the day	Yes	No

If 'no' has been circled in any of the boxes above, there may be an opportunity for improvements to be made. If you want to make changes to you or your family's sleep quality, use the section below to set a goal and a plan.

What is your goal?

Name				
Goal				
What are the steps you need to take?				
Remember to include support, monitoring, and Plan B strategies for challenges that may come up.				

Key Partners



Queensland Government