

**Good sleep is essential to mental and physical health**

**After a good night's sleep you should wake feeling refreshed.**

If you wake feeling refreshed, even if you woke during the night, then you have had enough sleep.

Here are some more ways you can check if you are sleeping properly:

These 2 simple questions:

- 1) After waking up in the morning, could you fall back asleep at 10:00 or 11:00 am?**
- 2) Can you function at your best without caffeine before noon?**

If your sleep is sufficient and balanced the answers will be 'NO' and 'YES'.

**OR**

These 5 questions (the "SATED" Questionnaire) go into a bit more detail.



Aspect of sleep		Rarely (0)	Sometimes (1)	Usually/ Always (2)
Satisfaction	Are you satisfied with your sleep?			
Alertness	Do you stay awake all day without dozing?			
Timing	Are you asleep between 2:00 and 4:00 am?			
Efficiency	Do you spend less than 30 minutes awake at night? <small>including time taken to fall asleep, and all the times you might wake before getting up.</small>			
Duration	Do you sleep 7 – 8 hours in every 24?			

A Score of 10 shows the best sleep health, and a score of 0 means you have poor sleep health.

For a practical guide to improving your sleep see: [Sleep Well](#) and (for insomnia) [Still Awake?](#)

## How Much Sleep Time Do We Need?

A recent careful review of all the scientific data has concluded that almost everyone needs the "sleep opportunity" times given in the table below. They assume you are awake for no longer than a total of 30 minutes during this time. It is probably best to assume the recommended time is right for you, even if you tend to think you need less.

AGE	RANGE	RECOMMENDED
<b>Newborns</b>	<b>0-3 mo</b>	<b>14 – 17 hours</b>
<b>Infants</b>	<b>4-11 mo</b>	<b>12 - 15 hours</b>
<b>Toddlers</b>	<b>1-2 y</b>	<b>11 - 14 hours</b>
<b>Preschoolers</b>	<b>3-5 y</b>	<b>10 - 13 hours</b>
<b>School-aged</b>	<b>6-13 y</b>	<b>9 - 11 hours</b>

AGE	RANGE	RECOMMENDED
<b>Teenagers</b>	<b>14-17 y</b>	<b>8 - 9 hours</b>
<b>Young adults</b>	<b>18-25 y</b>	<b>7 - 9 hours</b>
<b>Adults</b>	<b>26-64 y</b>	<b>7 - 9 hours</b>
<b>Older adults</b>	<b>65 + y</b>	<b>7 - 9 hours</b>