



# Is Your Family Getting Enough Sleep?

The trend in the industrialized nation says that people are are sleeping less. In 1910, a person would sleep 9.0 hours a night. In 1975, a person would sleep 7.5 hours a night. By 2002, the National Sleep Foundation found an American adult was sleeping 6.9 hours a night, which leads to fatigue, exhaustion and other symptoms.

In a 10-year study the University of Michigan Health System found significant connection between preschoolers' lack of sleep and substance abuse. They linked preschooler habits to drug and/or alcohol use later in life. Make sleep important in your family.

## Sleep Goals:

- Infants (up to a year)- 14 hours of sleep
- Toddlers (12months to 3 years)- 12-14 hours of sleep
- Preschooler (3-6 years)- 11 to 13 hours of sleep
- School age kids (1st to 5th grade)- 10 to 11 hours of sleep
- Teens- 9 hours of sleep
- Adults- 8 hours of sleep

Yours for health naturally,

**Dr B**

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