LEARN ABOUT

HEALTHY SLEEP HABITS

CITY OF DETROIT
HEALTH Department

What is Healthy Sleep?

Healthy sleep means getting the right amount of uninterrupted, restful sleep each night at the same time every day in a quiet, dark, cool space. The quality of sleep matters as much as its quantity.

Why Is Sleep Important?

Sleep is essential for:

- **Brain function,** which supports learning, memory, and decision-making
- **Emotional balance,** which reduces stress and irritability.
- **Physical health,** which boosts immune system, supports growth.
- **Mental health.** Helps prevent anxiety and depression.
- **Academic and work performancet**

Tips for Healthy Sleep For Any Age

- Stick to a regular sleep schedule even on weekends
- Avoid screens, like phones, tablets, TVs, at least 1 hour before bed
- Keep your bedroom cool, dark, and quiet
- Avoid caffeine and heavy meals close to bedtime
- Be physically active during the day
- Create a calming bedtime routine, like reading or taking a warm bath
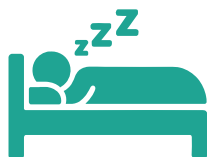
Recommended Hours of Sleep Per Day

Children (6 to 12 years)	Teens (13 to 18 years)	Adults (18+ years)
9 to 12 hours	8 to 10 hours	7 to 9 hours