

Rest Easy, Live Fully

What does good sleep look like?

A good night's sleep is essential for overall health and well-being. Here's a concise overview of what characterizes good sleep:

Characteristics of Good Sleep:

- **Easy Sleep Onset:** You should fall asleep within 15-30 minutes of lying down.
- **Undisturbed Sleep:** Minimal awakenings throughout the night; you should not frequently wake up or have trouble falling back asleep.
- **Consistent Sleep Duration:** Aim for 7-9 hours per night, depending on age and individual needs.
- **Refreshing Wakefulness:** You should feel refreshed and alert upon waking, ready to start your day.

Sleep Needs by Age:

- **Toddlers:** Require significantly more sleep than adults, 10-14 hours.
- **Children (Ages 5 and Up):** Sleep patterns become similar to adults, needing around 9-11 hours.
- **Teenagers:** Generally need about 8-10 hours for optimal functioning.
- **Adults:** Typically require 7-9 hours of sleep.
- **Older Adults (Age 80+):** Sleep needs gradually decrease, often requiring less than 7 hours.

Sleep Stages and Cycles:

- **Sleep Cycles:** Cycles lasts about 90-110 minutes. An average person completes around 5 cycles in 8-hours.
- **REM Sleep (Rapid Eye Movement):** Characterized by quick eye movements beneath closed eyelids. The brain is highly active, and dreaming occurs during this stage.
- **Non-REM (NREM) Sleep:**
 - Stage 1: Very light sleep; easy to awaken.
 - Stage 2: Light sleep; accounts for about half of the total sleep cycle.
 - Stage 3: Deep sleep; restorative rest occurs, and external noises have less impact.
- **Cycle Transition:** The sleep cycle begins with light sleep, progresses to deep sleep, and then transitions to REM sleep, which lengthens throughout the night.



Knowing what constitutes good sleep can significantly enhance wellness. Reach out to learn more.