



6

**What did you notice?**

- What are your self-care strengths?
- What are your self-care weaknesses?
- In what ways can you begin to work on the areas in which you scored lower?



7

**Nutrition**

- The Five Food Groups
- Intuitive and Balanced Eating
- Diet Culture
- Where do you stand with intuitive and balanced eating?



8

**Sleep Hygiene**

- The Screen Rule
- Bedtime Routine
- CBT for sleep (naps, sleep restriction, sleep environment, seeing your bed as just for sleep)



9

**Sleep: the magic numbers**

There are no magic numbers. Sleep need varies as we age, and for each individual

- May be appropriate
- Recommended range

Hours of sleep

Age Group	May be appropriate	Recommended range	
Newborn 0-3 months		11-13, 14-17, 18-19	
Infant 4-11 months		10-11, 12-15, 16-18	
Toddler 1-2 years		9-10, 11-14, 15-16	
Preschool 3-5 years		8-9, 10-13, 14	
School age 6-13 years	TOO FEW HOURS	7-8, 9-11, 12	TOO MANY HOURS
Teen 14-17 years		7, 8-10, 11	
Young adult 18-25 years		6, 7-9, 10-11	
Adult 26-64 years		6, 7-9, 10	
Older adult 65+ years		5-6, 7-8, 9	

SOURCE: NATIONAL SLEEP FOUNDATION

10

**Questions?**

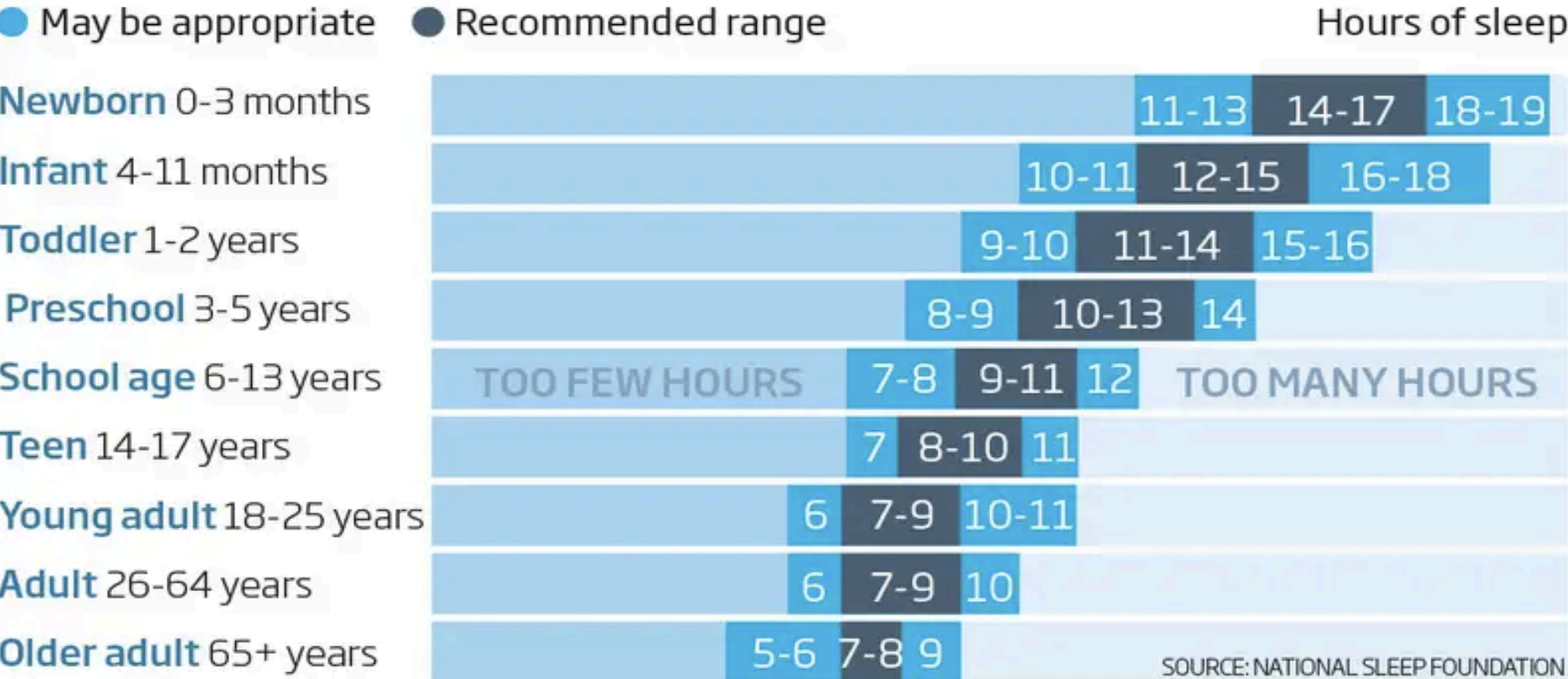


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