

Information About Sleep

- Babies spend approximately 50 % of their sleep in **REM**, or **Active**, light sleep.
- Toddlers get much of their stimulation from the outside world, so their **REM** or **Active**, light sleep decreases.
- Adolescents spend only 20% of their sleep in **REM** or **Active**, light sleep.
- Teenagers need about 9 hours of sleep a night.
- Adults need about 7.5 to 8 hours of sleep a night.
- One week old infants sleep approximately 16.5 hours a day (8.5 hours during the night, and four naps of about 2 hours each during the day).
- Nine month old infants sleep approximately 11 hours during the night and 3 hours during the day (two naps of about 1.5 hours in length each).
- One estimate says that 15% of adolescent students may have significant sleep problems.
- Studies of students and sleep show that:
 - More than half of the students surveyed said that their sleepiest time of day was between 8 and 10 a.m.
 - 24% believed their grades had dropped due to being sleepy.
 - 17% reported excess daytime sleepiness and 19 % said they skipped social or sports events or work because they were too tired.

