

COMMON SLEEP-RELATED QUESTIONS

ANSWERED BY



DR. JAGDEEP BIJWADIA,
Medical Director at HealthPartners Sleep Health Center

Q. HOW MUCH SLEEP DO PEOPLE REALLY NEED EACH NIGHT?

A. There is no right amount of sleep that is the same for everyone. Our bodies are all different and some require more sleep than others. The table below lists the average number of hours of sleep most experts agree on for each age group. However, it is important that you become aware of your own body's needs and sleep patterns. Do you feel well rested after seven hours of sleep or do you feel really good and ready to go when you get eight and a half hours of sleep? Are there some days you need more coffee to get you through the day? Experiment with your sleep and find which patterns and which amounts work best for you and then make your sleep a priority!

HOW MUCH SLEEP DO YOU REALLY NEED?

Age	Sleep Needs
Newborns (1-2 months)	10.5-18 hours
Infants (3-11 months)	9-12 hours during night and 30-minute to two-hour naps, one to four times a day
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged Children (5-12 years)	10-11 hours
Teens (11-17 years)	8.5-9.25 hours
Adults	7-9 hours
Older Adults	7-9 hours

National Sleep Foundation

Q. DO I NEED TO SEE A DOCTOR FOR MY SLEEP ISSUES?

A. Occasional sleep problems can happen to anyone and generally do not require medical care. However, regularly occurring sleep disturbances can affect your daily functioning, overall health and sense of well-being. If you are experiencing sleep disturbances on a regular basis, you should consider seeing your primary care physician or a sleep specialist. To make an appointment with one of HealthPartners Medical Group sleep specialists, please call us at **952-967-7616**.

Q. MY HUSBAND SNORES LOUDLY, SHOULD I BE WORRIED ABOUT THIS?

A. Loud, frequent snoring is one of the most common signs of obstructive sleep apnea (OSA). OSA is a common sleep disorder that can cause excessive daytime sleepiness, high blood pressure, and other heart problems. OSA involves the partial or complete collapse of the airway during sleep. This can occur up to hundreds of times each night! When the airway is blocked, no breathing occurs and oxygen levels drop. Your brain then wakes up your body to restore your breathing. These brief, repeated arousals cause your sleep to be unrefreshing. Proper treatment can prevent and even reverse the serious side effects of OSA. Several excellent treatment options, such as CPAP (continuous positive airway pressure) equipment, are available.

Q. I HAVE HIGH BLOOD PRESSURE/HEART DISEASE AND FREQUENTLY HAVE A HARD TIME GETTING A RESTFUL SLEEP BECAUSE OF MY SNORING. SHOULD I BE CONCERNED?

A. Various studies have linked sleep-related breathing disorders with increased rates of high blood pressure and increased risk of heart disease and stroke. Treating certain sleep-related breathing disorders may actually decrease a person's risk of developing or aggravating certain cardiovascular disease. See your doctor for further evaluation.

If you have sleep problems, we have an experienced team of sleep specialists that can help. Call us today:

952-967-7616



 **HealthPartners**[®]
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