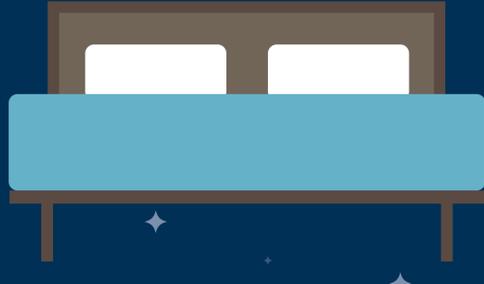


HOW MUCH SLEEP DO YOU NEED?



Eight is often cited as the magic number of hours we should sleep per night. But how much sleep do you really need? Here's the scoop:



6-7 hours:

How much a Sleep Number survey says Americans average.



7 hours:

The journal SLEEP reports that regularly getting less than the ideal sleep increases the risk of obesity, heart disease and depression.



7-9 hours:

What people typically say they sleep. Sleep researchers agree this is the window most adults need to function and feel best.



8 hours:

Research shows anything less means people don't perform as well on tests that measure complex mental tasks, according to the Mayo Clinic.

How much sleep do you need each night?



Teens:
8-10 hours



Newborns:
14-17 hours



Infants:
12-15 hours



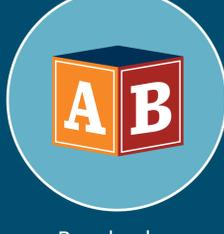
Adults:
7-9 hours



Toddlers:
11-14 hours



School-aged children:
9-11 hours



Preschoolers:
10-13 hours

How to tell if you're getting enough quality sleep



7-9 hours should mean you:



Have more energy



Don't feel sleepy during the day or restless at night



Feel refreshed most days



Have a healthier immune system



Improve memory, alertness, attentiveness, concentration, performance



Comprehend complex thoughts



Have more patience with your partner/kids



Are in a better mood



Can acquire and perfect new skills



Achieve weight loss and exercise goals



Have better muscle movements, like an improved golf swing



Have healthier skin



Experts say when you can't get 7-9 hours of sleep you need, focus on getting quality sleep.



The Sleep Number 360® smart bed bed shows your sleep quality so you know how long, how well and when you slept.



Our smart sleepers get 28 minutes more restful sleep per night.*

*Based on average SleepIQ® data from 8/1/21-2/28/22 sleepers who engaged with their Sleep Number® setting, SleepIQ® data and FlexFit™ smart adjustable base received up to 170 hours more restful sleep per year