



Weekly Safety Tip

*How Many Hours of Sleep Do
You Need?*



How Many Hours of Sleep Do You Need ?

The amount of **sleep** you need depends on many things, including your age. In general:

- Infants (ages 0-3 months) need 14-17 hours a day; (ages 4-11 months) need 12-15 hours a day
- **Toddlers** (ages 1-2 years) need about 11-14 hours a day
- Preschool children (ages 3-5) need 10-13 hours a day
- School-age children (ages 6-13) need 9-11 hours a day
- Teenagers (ages 14-17) need about 8-10 hours each day
- Most adults need 7 to 9 hours, though some may need as few as 6 hours or as many as 10
- Older adults (ages 65 and older) need 7-8 hours of sleep each day
- Women in the first **3 months of pregnancy** often need several more hours of sleep than usual

If you feel drowsy during the day, particularly during routine activities, you haven't had enough sleep.



Sources: Web MD and CDC

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Weekly Safety Share



Do You Need a Hearing Test?



Do You Need a HEARING TEST ?



If you are 18 to 64 years old, the following questions will help you determine if you need to have your hearing tested by a health professional.

YES	NO	Answer YES or NO
		Do you sometimes feel embarrassed when you meet new people because you struggle to hear?
		Do you feel frustrated when talking to members of your family because you have difficulty hearing them?
		Do you have difficulty hearing or understanding co-workers, clients, or customers?
		Do you feel restricted or limited by a hearing problem?
		Do you have difficulty hearing when visiting friends, relatives, or neighbors?
		Do you have trouble hearing in the movies or in the theater?
		Does a hearing problem cause you to argue with family members?
		Do you have trouble hearing the TV or radio at levels that are loud enough for others?
		Do you feel that any difficulty with your hearing limits your personal or social life?
		Do you have trouble hearing family or friends when you are together in a restaurant?

If you answered "yes" to three or more of the ten questions, you may want to see an otolaryngologist (an ear, nose, and throat specialist) or audiologist for a hearing evaluation, or learn about over-the-counter hearing aids at:

<https://www.nidcd.nih.gov/health/over-counter-hearing-aids>



National Institute on
Deafness and Other
Communication Disorders

Adapted from: Newman, C.W., Weinstein, B.E., Jacobson, G.P., & Hug, G.A. (1990). The Hearing Handicap Inventory for Adults [HHIA]: Psychometric adequacy and audiometric correlates. *Ear Hear*, 11, 430-433. ***Do You Need A Hearing Test?***



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