



Health and Wellness Tip of the Week Week 19 – May 6, 2019

Getting The Right Amount Of Sleep

Sleep is a big part of our daily lives. But did you know the amount of sleep needed can differ based on your age? Adults need seven or more hours of sleep per night, while newborns need a recommended 14-17 hours of sleep per day.

Even if you get enough hours of sleep, sleep quality can impact how you feel during the day. Be sure to build healthy sleep habits to help you get the best sleep possible.

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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