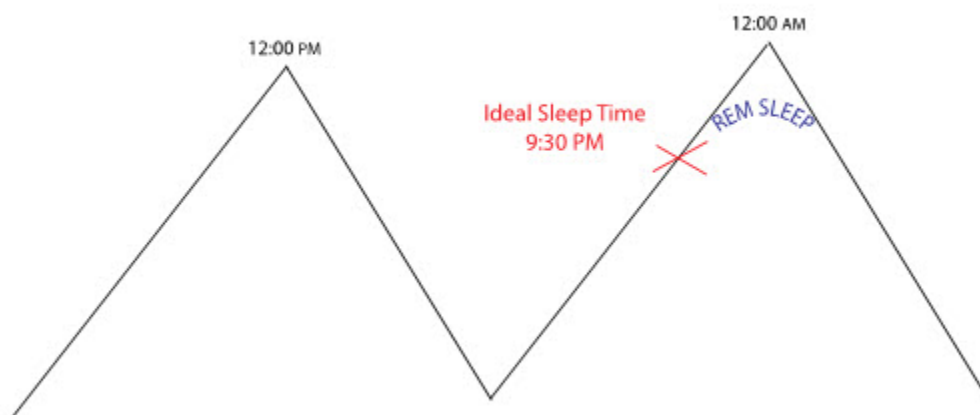


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Energy Spikes



Average Sleep Needs by Age		
Age	Hours Needed	May be appropriate
Newborn to 3 months old	14 – 17 hrs	11 – 19 hrs
4 to 11 months old	12 – 15 hrs	10 – 18 hrs
1 to 2 years old	11 – 14 hrs	9 – 16 hrs
3 to 5 years old	10 – 13 hrs	8 – 14 hrs
6 to 13 years old	9 – 11 hrs	7 – 12 hrs
14 to 17 years old	8 – 10 hrs	7 – 11 hrs
Young adults (18 to 25 years old)	7 – 9 hrs	6 – 11 hrs
Adults (26 to 64 years old)	7 – 9 hrs	6 – 10 hrs
Older adults (65+)	7 – 8 hrs	5 – 9 hrs

Source: National Sleep Foundation

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I am not sure what “MAY BE APPROPRIATE” means, but it is a sign of just how little scientists know about sleep. I like to be consistent with my patterns and then see how I feel. I stick with the hours needed and have no problem getting more. Remember, sleep is a good thing and should be embraced.

I believe this is one of the most important habits to make; it is your BED TIME.

Bodies love consistency!

When you go to bed at night and wake up in the morning your body sets an internal time clock. That clock regulates your body's functions. When you are in sync and regular your body knows what it needs to do and when it needs to do it.

When you are consistent with your BED TIME and WAKING UP TIME, you are setting yourself up to win. You are not only giving your body a chance to regulate through 4 full sleep cycles a night, but you will also be doing a significant amount of healing during that time as well. When you set the intention and work at it, your body will regulate your sleep cycles accordingly. It takes some work, but the benefits are worth it.

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Going to bed and waking up at the same time is one of the most important sleep habits that you can have. Pick a bedtime that is at least 2 hours before midnight and start to wake up without an alarm.