

Do You Do 7 hours a night? Some say 7 hours a sleep a night is a Great Health Hack, but is it?

One often celebrated health hack is seven hours a sleep a night. The benefits of regular restful sleep are numerous. According to the National Sleep Foundation, anywhere from seven to nine hours—can keep your brain sharp, your mood buoyant, and your energy level sky-high. What's more, resting up will reduce your insulin and stress hormone levels . If you need help getting enough sleep see [11 Doctor-Approved Secrets For Falling Asleep Faster—Tonight.](#)

While sleep requirements vary slightly from person to person, most healthy adults need **seven to nine hours of sleep per night** to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least seven hours of sleep.

Why you only need 7 hours of sleep

The American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS) have issued a new recommendation, saying seven is the **magic sleep number** for most healthy adults.

In an article with the Seattle Times, incoming AASM president Dr. Nathaniel F. Watson says 7 hours is the lower limit for how much sleep a healthy adult should get per night. A 15-member panel spent a year reviewing research materials that led the AASM and SRS to this conclusion. ([see article](#))

DO YOU/CAN YOU
DO THIS?

SHORT WELLNESS
SELF-CHECKS

The Benefits of Getting a Full Night's Sleep

- Sleep Can Boost Your Immune System. ...
- Gaining Zzz's Can Help Prevent Weight Gain. ...
- Sleep Can Strengthen Your Heart. ...
- Better Sleep = Better Mood. ...
- Sleeping Can Increase Productivity. ...
- Lack of Sleep Can Be Dangerous. ...
- Sleep Can Increase Exercise Performance. ...
- Sleep Improves Memory.

The Benefits of Getting a Full Night's Sleep | SCL Health