

Sleep Guide

BMI

Underweight	< 19
Healthy	19-25
Overweight	25-30
Obese	> 30
Extreme obese	>40

Sleep Time

Newborn	16 hrs
Teenagers	9 hrs
Adults	7-8 hrs
Elderly	5-6 hrs

Sleep Stage %

Stage 1	5%
Stage 2	45-55%
Stage 3	15-25%
REM	20-25%

Sleep Latency

Normal sleep latency is about 15 minutes

REM latency is 90 minutes

Sleep Efficiency

> 90% (indicator of good sleep)

TST/Time in bed x 100

Normal Arousal Index (AI)

Teenager (10-19y)	13 ± 2 / HR
Young Adult (20-39y)	14 ± 2 / HR
Middle Age (40-59y)	18 ± 2 / HR
Elderly (>60y)	27 ± 3 / HR
Average	15

RLS (core symptoms)

URGE

U - Urge or sensation to move legs

R - Rest or stillness worsen urge to move

G - Going is goog

E - Evening / nighttime worsening of symptoms

Normal Sleep in Aging (Objective Findings)

↓ in nonREM stage 3 & 4

↓ in sleep efficiency

↑ in daytime sleepiness

↓ in REM

↑ in frequency of sleep disorders

↑ in number of naps