SUNDAY SCHOOL

PLACE: ZHCC,
8787 W. Airport Blvd.,
Houston, TX 77071
Tel: 713-270-9339

TIME: Different timings for each group

DATE: April 14, 2019

Children’s Session
The Sunday School session starts at 10.30 a.m. to 11.30 a.m.

Middle Group: The Sunday School session at 11.00 a.m.

Youth Group: Sarosh Collector, Kaemerz Dotiwalla conduct this session.

UPCOMING EVENTS
Sunday, April 14, 2019 – ZAH Annual Carnival after Sunday School
Sunday, June 2, 2019 – Maidhiayarem Gahambar – 11:00 to 3:00
Sunday, July 14, 2019 – Sunday, Tirgan Celebration – 1:00 to 4:00 pm
Wednesday, August 7 to 16 – Muktdad Days
Saturday, August 17 – Hambandagi, Maachi and Navroze Function

INaugurating the First Ever Stand Alone Structure - Atash Kadeh in North America

A year and a half after the ground breaking ceremony on August 17, 2017, the Atash Kadeh was inaugurated on March 21, 2019. We had a lot of media coverage.
Fire catches people’s imagination’

On a recent Friday morning, after staying up all night for the temple’s opening rites, Bhandara removed his shoes, then showed a couple of non-Zoroastrian visitors the ritual areas where men and women would wash their hands and faces, purifying themselves before they draw nearer to the fire.

“It’s a living faith, an agrarian faith — about nature, water, soil," he explained. Like other temples, this one includes an outdoor fountain, but it’s not called a water temple. “Fire catches people’s imagination.”

Aban Rustomji, the association’s unofficial historian, noted that in practice, Zoroastrianism boils down to three things: “good words, good thoughts, good deeds. So simple, so hard to adhere to.

Looking around proudly, she pointed out how serene the temple felt, simultaneously modern and traditional. Chicago architect Cyrus Rivetna, she noted, studied ancient fire temples in India and Iran before designing it. “

Full article in Houston Chronicle can be viewed on:


India America Today carried a write up in their April 4, 2019 issue.

A PICTORIAL ATASH KADEH INAUGURATION SPECIAL EDITION MANASHNI IS COMING OUT SHORTLY

Atash Kadeh Inauguration
By: Jehanbux Mehta

Naoruz this year was a very special one for us Zoroastrians in Houston. The persisting cold weather, unusual at this time of the year, was dispelled by warm feelings as we celebrated the inauguration of our very own Bhandara Atash Kadeh, an imposing stand alone building in the compound of our Zoroastrian Centre. Four days of beautiful ceremonies, and, feasting of course, started on March 20, when the humdins of the city brought from their houses sandalwood, ash or coal to the Atash Kadeh. The important aspect of this is that it was this collection that was ceremoniously placed on the new Afarghanu in the Atash Kadeh on offering of the first boi. A traditional Haftsheen table adorned the entry hall of the building.

What was very significant was that we were graced by the presence of our Vada Dasturji, Khursheed Dastur, who had flown in from Udvada specially for this occasion. Another notable and very appealing sight was the attendance of sixteen [or more?] mobeds, from the very young to the elderly, with several from out of Texas. All the prayers were led by Dasturji Saheb with the mobeds reciting alongside him. Beautiful, it was!
On Naoruz day itself, baj ceremony was held early in the evening, followed by machi in the existing prayer room. After that the traditional hambandagi was held with the soft and melodious voice of the Vada Dasturji leading the large congregation in the atrium of our Centre. After the prayers a candle light procession proceeded across the car parking area to the new building where the ashes/embers from the just held machi in the Centre’s prayer room were ceremoniously handed over by the senior mobeds to the younger ones – and we are fortunate to have many of them in Houston – to be placed on the newly made Afarghanu shipped over all the way from India. After showering blessings on the new structure and those gathered there by Dasturji Saheb, the congregation returned to the Centre where 400 plus guests partook of the traditional khushali nu dinner of Parsi istew, dhandar and prawn patio.

Vendidad was prayed that night, or rather the next day, at the Atash Kadeh starting from 12:30 a.m. to 6:30 a.m. following which the weary eyed were treated to a sumptuous breakfast. An exhibition of Parsi memorabilia was put up in the Library that evening, aptly titled “Down Memory Lane”, spearheaded by Aban Rustomji, preceded by a welcoming wine and cheese greeting for the viewers. The objects that Aban was able to gather from the homes of many Parsis was mind boggling! My favourite was the pressure cooker – scary – perched atop a queer looking stove. Many other interesting items, including an array of delicious Parsi savouries and sweets. Unfortunately, it was a ‘no touch’ spread. Cruel! After Vada Dasturji’s talk on “Zarathustri Way of Life in Today’s World”, there followed – you guessed right – dinner, and this time of Persian dishes.

Saturday, March 23 was a momentous day. Jashan ceremony in the Atash Kadeh and the offering of the first boi in the new Afarghanu specially made in India. What a glorious sight it was to see the flames rise up high rekindling the fires within us. Most ladies were adorned in colourful saris and the Parsi bawas in freshly starched duglis topped with either a feta or a paghri. And, of course, not just chasni but hamburgers, sev and what not for the many devout attendees under a white tent to ward off the sun. That evening more than 600 guests, including dignitaries, participated in the grand gala function to an Indo-Pak dinner. Dancing into the wee hours.

A festive morning the next day to wind up the celebrations - Avan Parabh jashan at the Atash Kadeh. During these days we were fortunate to have in our midst several Zarthushtis from across the States, representing FEZANA and other Zoroastrian Centers. As mentioned earlier, all the religious ceremonies were led by the Vada Dasturji. It was delightful to hear him recite our prayer. Not only that, all the talks that he gave over these days were so interesting, so informative, so meaningful and so rapturous.

Of notable mention is the large attendance at all the functions. Overflowing guests were comfortably seated under white tents seeing the happenings in the main hall live streamed on large screens. Food service was also impeccable. All that made possible by our very own youngsters.

The Atash Kadeh is an inclusive one, meaning that non-Zoroastrians will be allowed entry when accompanied by a Zoroastrian as has been the case with the prayer room at our Centre, which will continue to operate. But as is may be expected, there will be, but just a handful, who will look down upon what we have done, but let us not look down upon them. That is what we have been taught in our religion.
A magnificent structure is now ours. May the Bhandara family be blessed for giving it to us. It is now for us to keep the fire burning perpetually and for eternity. Let's pray that it strengthens the community and that it is used regularly not only as a place of worship, but also for holding navjotes, weddings, jashans and other ceremonies. Amen.

REPORTS

AN EXCITING LIBRARY EVENT
By Jangoo Mistry

Four days of prayers and celebrations (March 21 - 24) provided a most memorable experience for several hundred well-wishers gathered in Houston for the opening of the Bhandara Atash Kadeh. The evening of Friday, March 22, organized by the ZAH Library, provided a uniquely different type of event for the attendees.

Before the start of the organized presentations in the Main Hall, attendees were given the opportunity to view the exhibit: “A Walk Down Memory Lane”.

Set up in the library was an impressive collection of all kinds of items that were used in Indian and Pakistani Zoroastrian households. From kitchen utensils and dining sets to easy chairs and home-style snack items, from rare manuscripts to a kasti-weaving loom were attractively displayed all around the room. Among other notable items, there was a rare hand-written copy of the Vendidad, two different easy chairs that one could picture a grandparent sitting and reading the newspaper, an actual kasti-weaving loom with live demonstration, a solar hat, pagdhis, fetas and topsi of all kinds, several mouth-watering snack items found in a typical Parsi household at tea-time, an antique Victorian sofa set, a tavo for cooking, a samovar for heating water, a velan, a patlo, a manual meat grinder that spewed forth ground meat, a kerosene stove, a tamri and karasio, a bhona no dabbo and a ghee ni banni -- things that were a part of life growing up, but had not been seen for decades by us.

As the visitors strolled around the room examining the items, one could hear squeals of surprise and delight that brought back fond memories of the lifestyle and living paraphernalia of life back home. Kudos to the team that worked so hard, under the direction of Aban Rustomji: Persis Behramsha, Nauzer Billimoria, Zarina Boyce, Edul Chikhliwala (for the hand-drawn poster at the entrance), Lyla Daroga, Yezdi Engineer, Arzin...
Following the wine-and-cheese reception, the evening program commenced. After the benediction by our young priests, Aban Rustomji, the main organizer of the evening program and Chairperson of the Library Committee, welcomed dignitaries, out-of-town guests, and others. She touched upon the work of the ZAH Library and FIRES, the North American research and education effort housed in Houston. Next, Bapsi Sidhwa, the internationally recognized author, shared her memories of growing up in Lahore with her much younger brother Feroze Bhandara, the sole benefactor of the Atash Kadeh.

Homi Gandhi, President of FEZANA, the umbrella body of all Zoroastrian Associations of North America, recognized the role of ZAH as an original member, and pioneer of many religious initiatives through the decades.

A delightful musical presentation by children was followed by a talk by the Vada Dasturji Khurshed Dastoor of Udvada, India. (The following summary of Dastoorji’s speech is from the detailed writeup by Meheryar Rivetna). Speaking about the "Zarathushti Way of Life in Today’s World", the Dastoorji touched on the survival of the Zarathushti faith amidst the tribulations and controversies of modern times. Dasturji Sahib complimented the Houston Zarathushti community for its dedication and efforts to build the Atash-Kadeh on its association's grounds. It is actions like these, the Vada Dasturji said, that will sustain the community and this commitment exemplifies the will to keep the faith alive.

The Vada Dasturji summed up the Zarathushti faith in its basic principles: Good Thoughts, Good Words and Good Deeds. We must ask ourselves, the High Priest advised, at the end of every day, whether we indulged in good thoughts, did good to others, and spoke good words. Charity is an important part of the Zarathushti fabric. Parsis are known for their charity, Dasturji declared. The Bhandara family validates the Vada Dastur's sentiments in the timeless adage: "Parsi, thy name is charity." In the same spirit of charity, organ donation is a duty for Parsis. He pointed out that we would readily accept blood, a kidney, or eyes, if we needed these organs for our own survival. Why would it be difficult, particularly in death, to help another human being add years to his/her life?

Vada Dasturji Khurshed Dastoor, in conclusion, struck a chord when he told the gathering it was time for the community to rise, to unite, to think and be visionary like our Zarathushti forebears and leave a legacy for future generations.

On a personal note:

Seeing the main fire lit in the kebla of the Atash Kadeh gave me a revelation that took me by surprise. For the last 50 years, visiting the Agiaries and Atash Behrams of Mumbai for me was a necessary and important part of the whole trip. Back in America, there was always a "spiritual hole" that could not be filled properly, and one whose existence I had not even recognized. The Atash Kadeh fire suddenly made that hole visible and filled it for me. Now, my life in America is complete.
The Bhandara Atash Kadeh Inauguration and Navroze Gala celebrations on Saturday, March 23, 2019, started with our National Anthem followed by *Doa Tandorasti* (Blessings) recited by Vada Dasturji Khurshed Dastoor, Zoroastrian representative on the National Minorities Commission of India, and other mobeds. Our young and hilarious MCs, Mitra Khumbatta and Darius Tamboli welcomed everyone and invited Mr. Feroze Bhandara to take the podium. Mr. Bhandara wished everyone a Happy Navroze and introduced several key guests and dignitaries who attended the event. He thanked Vada Dasturji Saheb, our mobeds, ZAH Committees, and ZAH Members for their support and participation in the Atash Kadeh Inauguration events.

In his keynote speech, Mr. Bhandara provided some valuable information on the history of ZAH and his inspiration to build an Atash Kadeh that would meet the spiritual needs of our second and third generations. Mr. Bhandara stated that he and his wife Shernaz felt privileged to have built this fire temple, and it is their hope that Houston Zarathushtis from India, Pakistan, and Iran will come together as one to carry the Zoroastrian religion forward in their new homeland. He wants this Atash Kadeh to be a safe, inclusive and welcoming spiritual place of worship for all in our community. He hopes our Non-Zoroastrian family members can share our faith and spiritual beliefs at this one common place of worship and that this Atash Kadeh will carry our faith forward and provide a spiritual foundation for our children and grandchildren. On behalf of ZAH, past President Sheroy Haveliwala and Mr. Sarosh Collector felicitated Mr. Bhandara with an award.

Mr. Collector, in his talk clarified that the thought of an Atash Kadeh first came to his mind after he read a white paper written by Roshan and Rohinton Rivetna. He discussed this white paper with Mr. Bhandara, but the push to move forward with this idea truly came from Mrs. Cooper (Lahore) and Mrs. Shernaz Bhandara. The rest is history. Sarosh Collector commended the work done by Architect Cyrus Rivetna, and thanked Aderbad Tamboli, Rohinton Deputy, Khushrav Nariman, and others for their support and contribution. He concluded his speech with good wishes for the Bhandara family and Zoroastrian Community Members - *Atha Jamyat, Yatha Afrinami* (as it is, so shall it be). A series of speakers – Fezana President, Mr. Homi Gandhi, NAMC President, Ervad Kobad Zarolia, and Consul General of India, Dr. Anupam Ray addressed the audience. Council Member Mike Laster (District J), Council Member Martha Castex-Tatum (District K), and Council Member at Large David Robinson, jointly on behalf of Houston’s Mayor Sylvester Turner, proclaimed Saturday, March 23, 2019 as the Bhandara Atash Kadeh Day.

Vada Dasturji Khurshed Dastoor Saheb addressed the audience next. He explained the history and the meaning of the Holy Fire. He conveyed how touched he was during the first boye ceremony, and that it is now up to us as a community to take care of this fire and to see that it burns in perpetuity. He also added that our determination to do so would encourage other Zoroastrian Associations in North America to do the same. Our final speaker of the evening, Congressman Al Green, on behalf of the 9th Congressional District of Texas, presented a Certificate of Special Progression Recognition to ZAH.

If you know of a Parsi or a Zarathushti, you also know of their love for food, drinks, dance and music. Navroze celebrations continued with one of the best tasting Indo-Pakistani cuisine from “Aga’s”. Our ZAH Youth Group members, under the guidance of their mentor Jasmine Mistry, displayed Zoroastrian learnings of “*Good Thoughts, Good Words, Good Deeds***"
MEMBERSHIP DUES
CATEGORY AND RATES

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<td>Student Membership</td>
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Manashni Surcharge $ 15
For Printed/Mailed copies

Definition of Categories

Family Member
Parents and their children under 18

Family Senior Member
One spouse is over the age of 65

Single Member
Unmarried individual over age 18

Single Senior Member
Individual over the age of 65

Single Member Head of Household
Single parent with children under 18

PLEASE MAKE YOUR CHECK
PAYABLE TO: ZAH
AND MAIL TO:
ZAH Treasurer
8787 W Airport Blvd.
Houston, TX 77071

Or pay online:
http://zah.org/?event=zah-annual-membership-2018

by volunteering to serve dinner to seniors at their respective tables, and they received some very positive feedback for this good deed. Zarathushtis are also known for their philanthropy and magnanimity. Thanks to the generosity of our donors, youth and adult volunteers with the help of Sweta Sethna collectively raised $90,000 that night. Soon after dinner, DJ Gary (Farrokh Firozgary) and his outstanding band members took stage, and in no time, attendees rocked the dance floor singing and dancing to their favorite tunes.

The four-day long Atash Kadeh Inauguration and Navroze Event was one of the smoothest in the history of ZAH thanks to all the hard work and effort of numerous volunteers and the strong leadership of ZAH’s Entertainment Committee Members Arzin Italia and Lyla Daroga.

Now, as Vada Dasturji said, it is up to Houston Zarathushtis to keep this holy fire in the Bhandara Atash Kadeh burning perpetually.

YOUTH GROUP REPORT
By Zubin Master

This past month of March our Youth Group had opportunity of doing some charitable work at the Houston Food Bank, one of the largest food banks in our country. With the combined effort of the middle and youth groups, we helped manage package thousands of care packages for underprivileged kids. The ZAH Youth Group thanks the chaperones Percy Master, Farzana Sidhwa, and Farzad Sunavala for their time and commitment during this volunteering activity:

This month of April will be an exciting time for everyone because of our annual ZAH carnival. This year, the ZAH Youth Group has decided to sell delicious popcorn, refreshing snow cones, and yummy chicken cutlets! As a youth group this year, we have decided to donate 30% of our profits to ZAH due to their continuing support of the ZAH Youth Group. I would also like to thank our beloved Sarosh Uncle for donating both the popcorn and snow cone machines. Without his contribution, none of this would be possible! Finally, the month of May, we have decided to look after ourselves by doing a full youth room clean-up, so that our room can look and feel presentable to others.

MISCELLANEOUS

CARNIVAL

Carnival generated $6,600 for ZAH on Sunday April 14, 2019. A detailed account will appear in May Manashni.
FEZANA is happy to announce a Subsidy program specially for the youth of North America to attend the 7th World Zoroastrian Youth Congress. This program is open to all youth who have registered for the Congress. You need to contact your local association to apply for the same.

FEZANA will contribute $100 towards every applicant eligible under the scheme. Each member association shall match at least that amount if not more.

If you are a member of your local Zoroastrian Association reach out to them for further details and the method to apply.

If you live more than 200 miles from any FEZANA member association or corresponding group, reach out to Xerxes Commissariat, FEZANA Assistant Secretary at asst-sec@fezana.org

The details of the Subsidy program can be found on FEZANA’s website. Member associations may also have their own requirements that all applicants need to fulfill.

If you haven’t applied yet, and are still thinking about it, don’t miss this opportunity of attending this exciting Youth Congress in Los Angeles, CA. Don’t miss the deadline and apply BEFORE APRIL 30, 2019 – contact asst-sec@fezana.org

A Letter of thanks from the Parsi General Hospital, Karachi
By: Rashna Gazder

This is to thank you and ALL the generous people in Houston and USA for their handsome contribution to our Parsi General Hospital.

We had a beautiful function on April 7th Sunday. It was a lovely evening with performances by Azad Iqbal, the grandson of Allama Iqbal and Janelle Dias, a well known singer. 25 young pianists, who are my pupils, also played beautifully.

You are welcome to seeing our event and our newspaper write up on my Facebook titled Rashna Gazder, to share in our joy. We covered the work of the hospital in a documentary, made by my son Dr Darayus Gazder. He had also set all our music to beautiful visual displays shown on screens. It was a packed hall at Avari Towers and I am very thankful to Byram and Goshpi Avari and their family for sponsoring the event.

Please could you share this email to all the kind Zoroastrians who have contributed to this worthy cause. I am so touched and so grateful. God Bless you all.
SCHOLARSHIP AWARDS
2018 LEGACY AWARDS

It is with much pleasure that we bring our Legacy winners for the year 2018. The winners are shown below and they are:

Ashish Chakraborty
Zah Legacy Award
Rayomand Hormuzdi
Zah Legacy Award – Cyrus R. Desai Award

Zubin Master
Cyrus R. Desai Award

Ervad Yazad Sidhwa
Danesh & Nali Desai Award

This year we are fortunate to have Vada Dastur Khurshed Dastoor honor to our proud winners by handing them the Awards along with a check for $3000 on March 21, 2019 at our gala Navroz dinner celebrations!

Dear Friends of ZAH:

The Zoroastrian Association of Houston (ZAH) is so grateful for the support you have always sent our way! It is much appreciated.

The 2000 World Zarathusthi Congress surplus revenues were split between FEZANA & ZAH. At that time, we at ZAH determined that such a splendid World Congress aptly required to leave behind a legacy and hence gave birth to its very own Scholarship program for our young kids who go off to college!

The Scholarship funds were invested prudently and as of the last count, after giving awards over past 11 years we still have a balance of $116,000 invested by the ZAH - Investment Management Team (IMT). Awards are ONLY distributed from the earnings of this fund.

Each year, the congress 2000 legacy Award will recognize young Zoroastrian students who are studying at or about to enter the University at all levels and who have achieved excellence in their scholastic studies, in extra-curricular activities and who have made substantial contribution to Zarathusthi community affairs. All eligible students are encouraged to apply for this award each year.

In November 2007, ZAH lost one of their talented youth members Cyrus Rohinton Desai to cancer. The Desai family generously contribute to one award every year and that Legacy Award is named the CYRUS ROHINTON DESAI scholarship and is given to a youth going to college for the FIRST YEAR, because all that Cyrus wanted was to attend a college, even if it was for a day.
This year we have another wonderful couple Nali & Danesh Desai who have joined in and contributed $3000 towards one more Legacy Award. This family too wanted the Scholarship to go only to the person going to college for the FIRST YEAR.

I have dedicated myself to this project and find that as the community grows so do our young who go off to college and so I am approaching you and many other generous donors Worldwide to contribute additional funds so that we can move on to our next vision, of meeting the growing demand.

Could I then ask that you to please think & consider, see the cause and then contribute generously to this Scholarship program which can last forever with benefactors such as yourselves!

Best wishes
Homi Davier - Chair

OUR APPEAL & OFFER

Insofar as new contributions are concerned, we look for them in any amount, may it be $50 to $1,000,000. Insofar as ZAH is a 501© (3) not for profit organization however we strongly recommend that a donor consult an accountant for tax deduction limitations of this generous contribution.

We have identified that the way to attract additional funds for awards and loans is to offer the donor an opportunity to name the award after a loved one and/or their institutions.

Just as the Desai Family, each large donor could have the privilege of naming the award to the memory of a loved one and we would work with you, the awards could be in the following categories

- **INDIVIDUAL DONOR**
  An individual donor could be anyone, a member, a generous donor and such donations to be sent as a check to the treasurer and marked for congress2000legacy scholarship fund.

- **IN MEMORIUM DONOR**
  A single contribution to be invested by ZAH and named according to donor’s wishes and Awards distributed from interest derived.

- **A CORPORATE / TRUST DONOR**
  A single sum donation & Award named after the Corporate or Trust donor and Award to be given annually from interest derived via our IMT team

- **PAST WINNER DONOR**
  We encourage a past Legacy scholarship awardee who wishes to give back and thus allow us to contribute to the next in line.

- **DONOR FOR STUDENT LOANS**
  Our future plans call for LOANS to be formulated and introduced as a criterion. These loans will be based on the earnings of the original fund's activities and new donor infusions. They will be given to the students free of interest, with a guarantor and a repayment period after their basic graduation.

The above Donors will have the prerogative of designating their contribution for the current Legacy Award or even select another Award they would prefer to initiate. For any discussion on setting up a memorial or corporate award, just contact me and let me help you set up your AWARD!

OUR VISION

The congress 2000 legacy funds are designated to be used to preserve the history of ZAH’s Congress 2000 and to recognize the academic achievers in our community. The congress 2000 legacy Awards are implemented and now our goal is to draw upon individuals, corporations, charitable institutions, trust funds, to contribute additional funds to meet the demand & our plans over the next ten years.

The Legacy committee is progressing this effort at a larger scale, to ensure this program sustains over years to come and can never ever get it done without YOUR SUPPORT!
Are you getting enough sleep?

Getting enough sleep is important for people of all ages to stay in good health. Read more to learn how much sleep you need.

People will often cut back on their sleep for work, for family demands, or even to watch a good show on television. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day. Not surprisingly, you’re more likely to feel sleepy. On top of that, you’re more likely to be in a bad mood, be less productive at work, and be involved in a motor vehicle crash.

How much sleep you need changes as you age. The American Academy of Sleep Medicine and the Sleep Research Society recommend:

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<th>Age Group</th>
<th>Recommended Hours of Sleep Per Day</th>
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<tbody>
<tr>
<td>Infant 1-12 months</td>
<td>12-16 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>Toddler 3-5 years</td>
<td>11-14 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>Pre-school 6-12 years</td>
<td>10-13 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>School Age 13-18 years</td>
<td>9-12 hours per 24 hours</td>
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<tr>
<td>Teen 18-60 years</td>
<td>7 or more hours per night</td>
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Habits to improve your sleep

There are some important habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Avoid tobacco/nicotine.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

What about sleep quality?

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night’s sleep, make sure to tell your doctor.