

HOW TO GET A GOOD NIGHT'S SLEEP

A good night's sleep is very important to your health. Poor sleep affects your memory, ability to learn, attention and mood. It can increase your risk of diabetes, high blood pressure and other chronic conditions. Poor sleep is common and increases with age. Fortunately, there are steps adults can take to get a good night's sleep.

Stick to a healthy sleep routine

- Get up and go to sleep at the same time every day, even weekends and holidays.
- Use your bed only for sleeping and sex, and spend no more than eight hours in bed.
- Avoid daytime naps. If you must nap, try to limit it to 20 to 30 minutes before 3 p.m.
- Exercise regularly, but avoid strenuous exercise within six hours of going to sleep.

Prepare for bedtime

- Avoid caffeine, nicotine, chocolate, alcohol and very spicy, heavy or sugary foods in the evening.
- Limit liquids after 8 p.m.
- Allow at least one hour before bedtime for relaxing activities such as taking a warm bath or reading.
- Avoid computers, televisions, cell phones and e-readers within two hours of bedtime. The screens give off blue light, which can keep you awake.
- Keep the bedroom quiet, dark and comfortable.

Try again if you can't fall asleep

- Get out of bed, go to another room and do something quiet and relaxing.
- Avoid electronic screens.
- Go back to bed when you feel sleepy.
- Repeat this process as often as needed throughout the night.
- Try not to look at the clock during the night.

Tips for a good night's sleep if you work in the evening or night

- Get more daily sleep: Take naps and allow more time for your regular sleep.
- Use bright lights in your workplace.
- Don't change shifts unless you have to, so your body won't need to make more adjustments.
- Keep your bedroom dark and quiet during daytime sleep.
- Use caffeine only during the first part of your shift.
- Go to bed after midnight on your days off.

For more information on sleep, visit [sleepfoundation.org](https://www.sleepfoundation.org).
If you have persistent sleep issues, talk to your health care provider.

