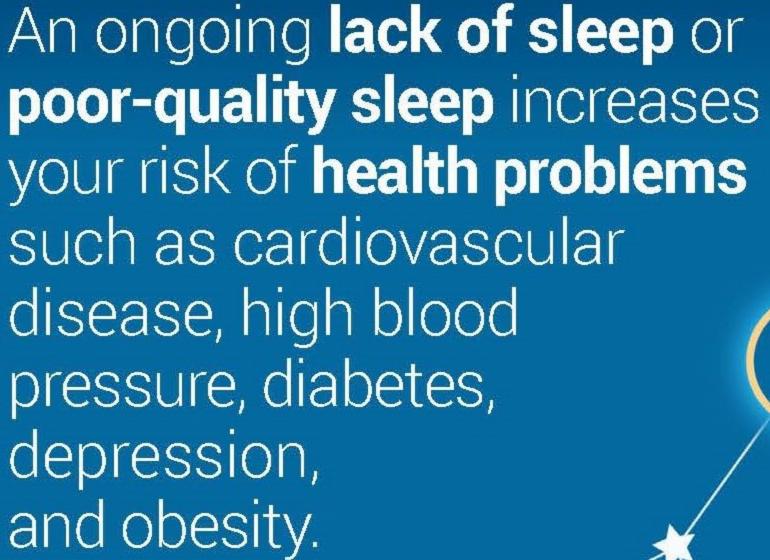
GETTING A GOOD NIGHT'S SLEEP











They are also linked to memory problems, forgetfulness, and more falls or accidents.

> Aim for of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.

Exercise at regular times each day, but not within 3 hours of your bedtime.

Find ways to relax before bedtime each night.

Don't eat large meals, or drink caffeine or alcohol late in the day.

Avoid long naps (over 30 minutes) in the late afternoon or evening.