

GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



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

Aim for
7-9 hours
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.



Find ways to relax before bedtime each night.



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



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



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



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



Z-Z-Z

