



Why is sleep important for your health?

- A good night's sleep is essential to keep your mind and body healthy.
- Poor sleep is strongly linked with many chronic health problems like heart disease and stroke.

How much sleep do you need?

- The hours of sleep you need depends on your age.
- Adults 18 to 64 years old need 7 to 9 hours of sleep a night.
- Older Adults 65 years and older need 7 to 8 hours of sleep per night.
- Not sleeping enough hours at night increases your risk of heart disease.

What are tips for healthy sleep habits?

Healthy sleep habits can help you have better sleep.

- Follow healthy eating habits
- Avoid eating a big meal before bedtime - if you are hungry, eat a light, healthy snack
- Avoid consuming alcohol or caffeinated beverages before bedtime
- Be active daily, but don't exercise right before bed
- Avoid long naps during the day
- Keep your sleep schedule - go to bed and wake up at the same time every day, even on weekends and holidays
- Make your bedroom quiet and relaxing
- Keep your bedroom at a comfortable temperature
- Do something that relaxes you before bedtime like reading or listening to calm music
- Take a warm shower at bedtime
- Use background noise like a fan
- Use your bed only for sleeping or sex
- Limit bright light when you are getting ready for bed
- Turn off screens like phones, computers, and TVs at least 30 minutes before bedtime
- If you don't fall asleep in 20 minutes, get out of bed and do something relaxing until you feel tired

What are the warning signs of a sleep disorder?

Some people have problems with sleep. If you or a family member notice any of the symptoms listed below, talk with your healthcare provider.

- Having a hard time falling asleep at night
- Loud snoring while you sleep
- Waking up often during the night
- Wanting to move your legs while you sleep
- Tingling feelings in your legs at bedtime
- Feeling sleepy during the day
- Feeling cranky during the day
- Having a hard time thinking during the day
- Falling asleep when you shouldn't like when you are driving or at work

More information for patients: <http://sleepeducation.org/>

More information for clinicians: <https://aasm.org/clinical-resources/provider-fact-sheets/>