



Getting a Good Night's Sleep

All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and you lose precious hours of sleep. Below are some tips that could help you get a good night's sleep.

Follow a regular sleep schedule.

Go to sleep and get up at the same time each day, even on weekends. Try to avoid naps in the late afternoon or evening, as it may keep you awake at night. If you do nap, keep it short - less than one hour.

Include relaxation in your bedtime routine.

Many people have a routine they follow before they go to bed. Add some time to your routine for relaxation to get you ready for sleep. You might knit or crochet, read a book, soak in a warm bath, or listen to soft, soothing music.

Prepare your sleeping area.

Keep your bedroom dark and quiet. The room should not be too hot or too cold. Make sure you have a comfortable mattress and pillows you like.

Talk to your doctor if you have any sleep problems.

National Institutes of Health. (2010). Sleep & Growing Older. National Institute on Aging. U.S. Department of Health and Human Services. Available at: https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep_atglance.pdf

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