



# Sleep better, feel better

## Sleep your way to better health

We don't always think about sleep unless we're not getting enough of it. But the quality of your sleep is important to both your physical and mental health.

In fact, a good night's rest helps improve immune function and helps lower the risk for heart disease. It also helps you feel more refreshed, focused and productive throughout the day.

The amount of sleep you need depends on a variety of factors, including age. Most adults need between seven and nine hours of good quality sleep every night. Follow these for a better slumber.



### Did you know?

Your brain forms the pathways you need to **learn and create new memories** while you sleep.<sup>1</sup>

<sup>1</sup> National Institute of Neurological Disorders and Stroke. Brain basics: understanding sleep. September 26, 2022 Available at: [NINDS.NIH.gov/health-information/public-education/brain-basics/brain-basics-understanding-sleep](https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-understanding-sleep). Accessed January 3, 2023.

# Tips for better sleep



## Bedtime routines aren't just for kids

Doing the same things as you get ready for bed cues your body that it's time to rest.



## Be active, but not before bed

Make sure you finish any activities a few hours before you settle down for the night.



## Set up your room for sleep

The ideal sleeping environment is dark, quiet, cool and screen-free.



## Choose your evening drinks carefully

Avoid caffeine starting in the afternoon, and don't drink alcohol close to bedtime.



## Follow a consistent schedule

Try to go to bed and get up around the same time every day – including weekends.



## Don't stare at the ceiling

If you're having trouble sleeping, try reading or listening to music until you're tired.

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