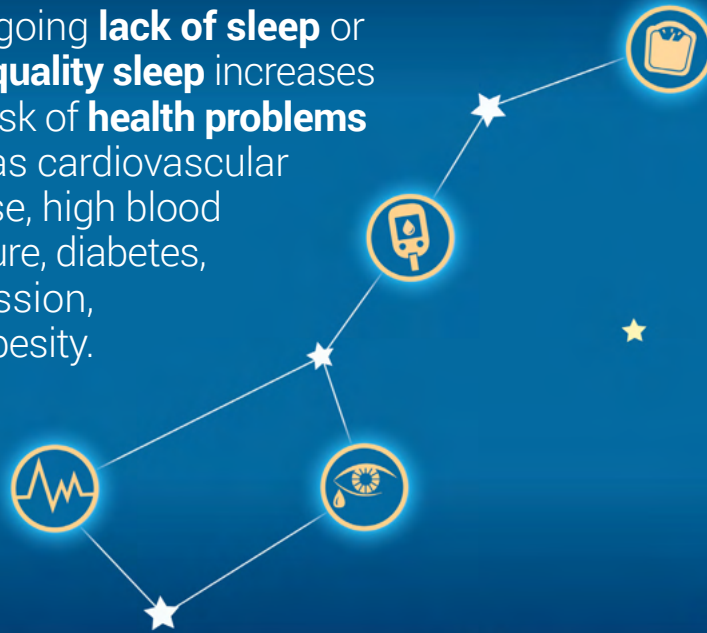# GETTING A GOOD NIGHT'S SLEEP

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.

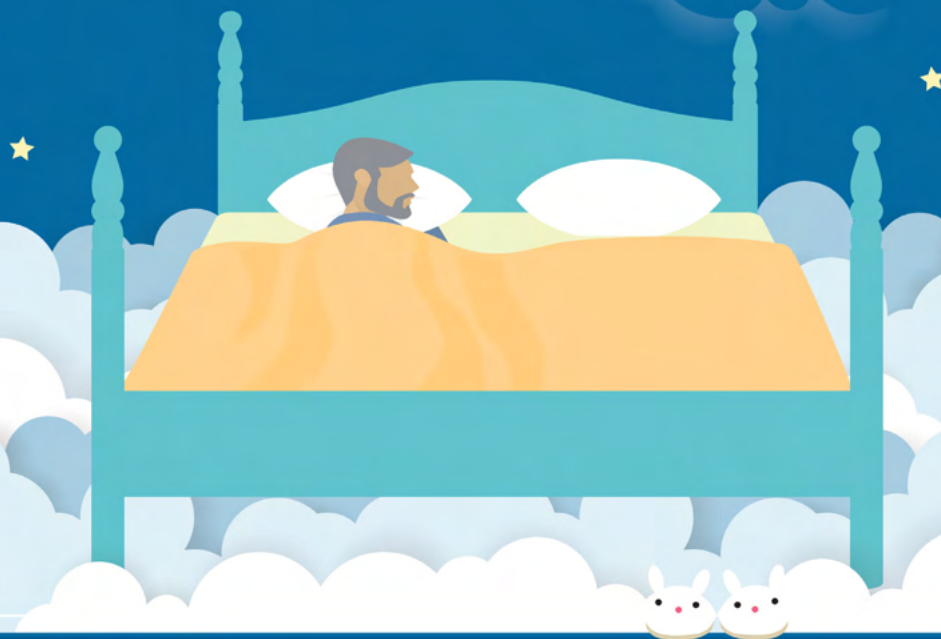**Don't eat large meals,** or drink caffeine or alcohol late in the day.

**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

30 min