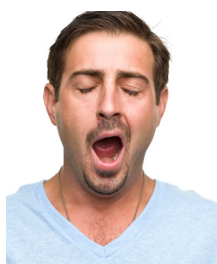


## sleep



**7 to 9 hours**  
of sleep per day is  
recommended for  
adults.

The Centers for Disease Control and Prevention recognizes sleep as an essential aspect of chronic disease prevention. Inadequate quality sleep can hinder the body's ability to:



- Repair muscles
- Recover from stress
- Control body weight
- Improve memory
- Fight disease

Drift into your dreams with these tips for a better night's sleep:

### Stay Away from Stimulants

Limit strenuous activity, alcohol, caffeine, nicotine and large meals close to bedtime. Establish a routine of "no-tech" before bed. Blue light from screens (phones, tablets, laptops, and televisions) increases alertness making it harder to fall asleep. It also can reduce REM sleep (when dreams occur), causing you to be sleepier even if you are getting the recommended 7 to 9 hours of sleep.

About **60%** of  
Americans report difficulty  
sleeping almost every night.



### Create a Peaceful Place for Sleeping

Avoid using your bedroom for activities like watching TV, reading, or playing with pets and children. Create your paradise for sleep:

- Lower the thermostat to a comfortable temperature (about 65 and 72 degrees typically). Use proper bedding that keeps you comfortable without getting too warm.
- Reduce noise. If you need white noise, use a fan, air purifier or play soothing sounds.
- Limit bright light with heavy curtains, dimmer bulbs, or wear an eye mask. Avoid screens emitting blue light at least 30 minutes before bedtime.
- Enhance sleep with breathing techniques or aromatherapy.

### Tame Tossing and Turning

If you are unable to fall asleep within 15-20 minutes, leave your bedroom and do a non-stimulating activity such as meditation, writing, or reading. Return to bed when you feel sleepy.

### Establish a Routine

Go to bed when you are sleepy and wake up at the same time every day. Avoid sleeping in on days off. Wake up to a bright light. Light sends a signal to the brain telling the body it's time to get up. Feeling stressed before bed? Write a to-do list. You'll be less likely to worry about things if you've written them down.

