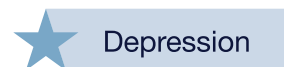
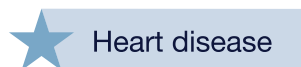
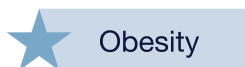
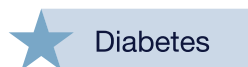


# Sleep Health for Adults: Good Sleep is a Reachable Dream!

## Why is sleep important?

Sleep is important for a person's mental health, physical health, and quality of life. When you sleep, your body uses that time to heal and repair itself to prepare for the next day. Your brain is also taking everything that you have learned and storing it in your memory.

Not getting enough sleep each night may increase your chances of getting long-term illnesses like:



How many hours should adults normally sleep each day?

★ Older adults (65 years and older) need between **7 to 8 hours** of sleep each day.

★ Young adults (18-25 years old) and adults need **7 to 9 hours** of sleep each day.

## Sleep: True or False

“ Taking long naps is good for health

False X

Long naps (over 90 minutes) may get in the way of your sleep schedule and make it more difficult to sleep through the night. Instead, short naps (about 20-30 minutes) are shown to increase short-term attention and improve performance.

“ Sleeping too much can be bad for your health

True ✓

Some research suggests that sleeping too much (over nine hours) can be bad for your health. Oversleeping has been linked with the increased risk of getting Type 2 diabetes, stroke, heart disease, depression, or becoming obese.

“ Many adults only need five hours of sleep at night

False X

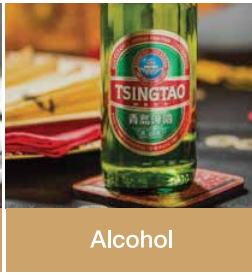
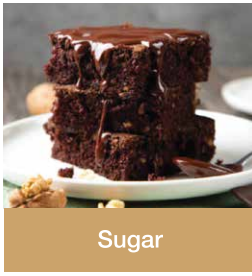
Not enough sleep (sleeping five hours or less) can affect your mood, attention, and increase your risk of getting hurt. It is recommended that adults try to get seven to nine hours of sleep per night

“ Watching TV or using your phone are good ways to relax before going to sleep

False X







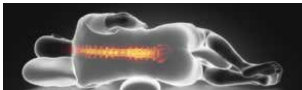

The light coming from the TV and other screens (phone, tablet, and computer) keeps your brain active and may keep you awake at night. It is best to stop looking at a screen at night one hour before your bed time.

# Do Not Eat These Foods before Bed








## Sleep Recommendations





Practice these behaviors or habits to help you sleep better at night!

	Recommended	Not recommended
<b>Back pain</b>	<p>Sleep on your back with a pillow under your knees</p> 	<p>Sleep on your stomach</p> 
<b>Hip pain</b>	<p>Sleep on your back with a pillow under your knees or on the side of your good hip with a pillow between your knees</p> 	<p>Sleep on the side of your bad hip</p> 
<b>Sleep apnea</b>	<p>Sleep raised on your back or on your side</p> 	<p>Sleep flat on your back</p> 
<b>Kyphosis (Hunchback)</b>	<p>Sleep on your side with a pillow under the curve of your back</p> 	<p>Sleep on your stomach</p> 



-  Eat a light bedtime snack before bed if you feel hungry
-  Exercise during the day to help release any stress or anxiety
-  Try to go to bed at the same time every night and wake up at the same time each morning
-  Turn off bright lights at night
-  Practice ways to relax before bed



-  Smoke or drink alcohol before bed
-  Drink coffee or caffeinated tea or beverages before bed time
-  Eat a heavy meal before you go to bed
-  Watch TV or use your phone, computer, or tablet before going to sleep