



NUMBERS TO KNOW FOR HEALTH & HAPPINESS

8 Healthy Sleep Habits



1. Go to bed and wake up at the same time every day, even on weekends.
2. Do aerobic exercise at least 3 to 4 times a week.
3. Avoid caffeine at least 6 hours before bedtime.
4. Dim the lights 1 hour before bedtime. Get bright light exposure early in the day.
5. Use your bed for 2 things—sleep and intimacy.



6. At least 30 minutes before bedtime, turn off electronics (TV, cell phone, laptop, etc.). The type of light that emits from these devices makes it hard for you to fall asleep.
7. Keep your bedroom comfortable, quiet, and dark. Turn the clock face away from you.
8. Follow the same bedtime routine every night.



Take Action: Get Enough Sleep

The National Sleep Foundation advises:

Ages	Hours of Sleep a Night
1-2	11-14
3-5	10-13
6-13	9-11
14-17	8-10
18-64	7-9
65+	7-8