



### ACTION STEPS FOR WELLNESS

## Sleep well, be well



Poor sleep habits affect memory and mood. Adults need about seven to eight hours of sleep nightly to be at their best physically and mentally during waking hours.

**Action Step:** Set up a bedtime routine. Take a warm bath or shower. Choose your outfit for the next day. Brush and floss your teeth.



| Sleep Tips  | Try This   |
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| Program your biological sleep cycle.                | Dim the lights an hour or two before bedtime. Go to bed at the same time nightly. Be exposed to sunlight or house lights when you wake up. |
| Exercise every day.                                 | Exercise sooner than two hours before bedtime.   |
| Limit caffeine to 300 mg a day.                     | Have no caffeine within eight hours of bedtime. Drink water instead of energy drinks.  |
| Nix the nicotine. It interferes with quality sleep. | Commit to quit tobacco. Get help from your doctor and <a href="http://smokefree.gov">smokefree.gov</a> .                                   |
| Limit alcohol.                                      | Alcohol can make you sleepy, but its effect wears off.   |
| Relax before bedtime.                               | Read a book or listen to soft music.   |
| Control the room temperature.                       | Not too hot, not too cold. Just right.   |
| Don't lie awake in bed.                             | Get up. Read or sit quietly in the dark until you feel tired.  |