

Recharge with sleep

Refresh and revive your body and your mind each day by getting quality sleep.

For long-term sleep problems, talk with your health care provider about ways to improve your sleep.

Prepare your body

Get ready for sleep one hour before bedtime. For example, turn down the heat, dim the lights, and turn off digital screens.

Include "mind rest"

Rest your mind before bedtime. Listen to relaxing music or a bedtime story for adults, take a bath, or do a relaxation exercise.

7 - 9

For most adults, 7-9 hours of quality sleep each day is recommended.

Nap, if you must

Limit naps during awake hours to 20-30 minutes.

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