

# 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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