

# Sweet Dreams

Adequate sleep is a vital component to health and good quality of life for everyone. Here are some ways to improve your sleep:



## Good Nutrition Practices

- ★ Avoid skipping meals
- ★ Limit or avoid caffeine in the afternoon
- ★ Eat a well balanced meal at least 3 hours before bed time
- ★ Include protein with dinner



## Sleep Hygiene

- ★ Be consistent with sleep/wake times
- ★ Limit napping
- ★ Avoid blue light exposure from electronics for at least 30 minutes before bedtime

## Keep Moving



- ★ Get at least 30 minutes of daylight exposure within 1-2 hours of waking
- ★ Regularly exercise and stay active during the day



## Be Mindful of Alcohol



Alcohol can increase sleepiness but ultimately causes interruptions in sleep and poor sleep quality

## Get Enough Sleep



Recommended hours of sleep by age:

- ★ Adults age 18-64 years old need 7-9 hours
- ★ Adults 65+ need 7-8 hours

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