HEALTHY SLEEP.
HEALTHY BRAIN.

It is normal for your brain to change as you get older. Your brain works best when you get enough quality sleep and wake up feeling rested. When you don't get enough sleep or your sleep isn't restful, it can affect your attention, learning, and physical health. Over time, a lack of quality sleep may lead to memory loss and confusion. Getting enough sleep is important for good health.

Here are some tips for better sleep. Try to do as many as your work and family life allow.

- Go to bed and get up at the same time each day, including weekends.

- Keep your bedroom quiet, dark, and at a comfortable temperature.

- Sleep at least 7 hours each night.

- Avoid large meals, beverages, caffeine, and alcohol before bedtime.

- Remove electronic devices such as TVs, computers, and smart phones from your bedroom.

- Exercise regularly.

- Talk with your doctor if you have problems sleeping after following these tips.

For More Information

About Sleep

- **Centers for Disease Control and Prevention - Sleep and Sleep Disorders**
  https://www.cdc.gov/sleep/index.html

- **National Heart, Lung, and Blood Institute**
  https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health

- **American Academy of Sleep Medicine – Sleep Education**
  https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/

About Healthy Aging

- **CDC Healthy Brain Initiative**
  https://www.cdc.gov/aging/healthybrain/index.htm

- **National Association of Chronic Disease Directors Healthy Aging Programs**
  https://www.chronicdisease.org/page/HealthyAging

- **Alzheimer's Association**
  https://www.alz.org

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION