ACT NOW
FOUNDATION
Dementia Center

HEALTHY SLEEP

Did you know good sleep reduces the likelihood of developing Alzheimer's disease, heart disease, high blood pressure, and other medical conditions?

According to the National Institutes of Health, there are 4 key sleep factors crucial to protect your health:
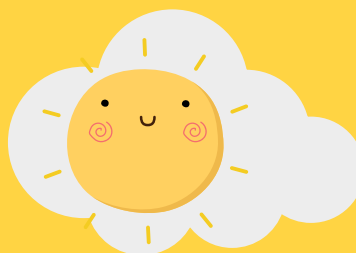
GOOD QUALITY, UNINTERRUMPTED SLEEP

7-9 HOURS OF SLEEP EACH NIGHT

REGULAR BEDTIME AND WAKE UP TIME EVERY DAY

EXPOSURE TO SUNLIGHT DURING THE DAY

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HEALTHY SLEEPING HABITS

PRACTICE HEALTHY HABITS DURING THE DAY:

GO TO SLEEP & WAKE UP AT THE SAME TIME EVERY DAY

GET AT LEAST 30 MIN OF SUNLIGHT

EXCERSISE REGULARLY, AVOIDING THE 2-3 HOURS BEFORE BEDTIME

NO NAPS AFTER 3PM

AVOID CAFFEINE, NICOTINE, AND ALCOHOL LATE IN THE DAY

AVOID LARGE MEALS AND DRINKS LATE AT NIGHT

AVOID MEDICINES THAT DELAY OR DISRUPT YOUR SLEEP IF YOU CAN

CREATE A GOOD SLEEPING ENVIRONMENT:

HAVE A COMFORTABLE MATTRESS & PILLOW

KEEP THE ROOM TEMPERATURE COOL

AVOID THE USE OF ELECTRONIC DEVICES IN THE BEDROOM

TAKE TIME TO RELAX BEFORE GOING TO BED:

READ A BOOK OR LISTEN TO MUSIC. TURN OFF THE TV AND YOUR OTHER ELECTRONICS.

TAKE A HOT BATH

If you have been trying to fall asleep for more than 20 minutes, get up and do something relaxing. Contact your doctor if you continue to have trouble sleeping.