

Be Prescription Drug Smart!
Take Ownership of Your Health — Lead with a Healthy Lifestyle!



Getting a Great Night's Sleep

Experts recommend that adults get no less than 7 and no more than 9 hours of sleep each night. Children may require more sleep depending on their age. To pave the way for better sleep, experts recommend that you follow these sleep tips:

- Establish consistent sleep and wake schedules, even on weekends.
- Create a regular, relaxing bedtime routine such as a warm bath, reading or listening to soothing music – begin an hour or more before the time you expect to fall asleep.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep (keep "sleep stealers" out of the bedroom – avoid watching TV, using a computer or reading in bed).
- Finish eating at least 2-3 hours before your regular bedtime.
- Exercise regularly each day and complete your exercise at least a few hours before bedtime.
- Avoid caffeine and alcohol products close to bedtime and give up smoking.
- If you can't sleep don't just lie in bed. Get up and do something else like read, watch television or listen to music until you feel tired.

Most importantly, make sleep a priority. You must schedule sleep like any other daily activity, so put it on your "to-do list" and cross it off every night. But don't make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

Source: National Sleep Foundation