



# HOW TO GET HEALTHY SLEEP



Getting a good night's sleep every night is vital to your heart and brain health.

**ADULTS SHOULD AIM FOR AN AVERAGE OF 7-9 HOURS**

Babies and kids need more depending on their age.

## ✓ LEARN THE BENEFITS OF SLEEP

- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **IMPROVED** mood and energy
- ✓ **STRONGER** immune system
- ✓ **HEALING** and repairing of cells, tissues and blood vessels
- ✓ **LESS RISK** of chronic disease

## ✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Sleep is an important time for your brain to reset. Regular, restful sleep is important to keep your brain running smoothly. Poor sleep may put you at higher risk for:

- ▶ Depression and anxiety
- ▶ Memory loss and dementia
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity
- ▶ Heart disease



Learn more at [heart.org/lifes8](https://heart.org/lifes8)



## TIPS FOR SUCCESS

**Check your room**



### DIM IT.

Dimming the lights before sleep helps signal to your brain that it's time to wind down. Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your "internal clock" and melatonin production, a hormone that regulates sleep.



### SET IT.

Go to bed and wake up at the same time every day. This helps regulate your body's internal clock and makes it easier to fall asleep and wake up naturally. Set a bedtime alarm to remind you it's time to wrap it up for the night.



### CREATE IT.

Establish a nighttime routine. Spend 20-30 minutes winding down before bed, such as reading, meditating, or taking a warm bath. Avoid screens.



### BLOCK IT.

Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.