

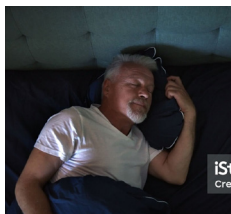
Tips to get a good night's rest

Getting quality sleep matters. Not getting enough sleep can cause you to gain weight, worsen your mood, make it harder to perform tasks like driving, and put you at risk for chronic medical problems. **Here are some key steps that can help you get the rest you need.**



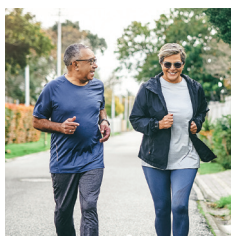
1 Set a sleep schedule.

- Wake up at the same time every morning. Plan to go to bed at the same time each night, once you feel sleepy.
- Keep the same schedule every day. Try not to sleep in or stay up late on weekends.
- Avoid naps. If needed, try to do so before 3 pm and limit how long you nap.



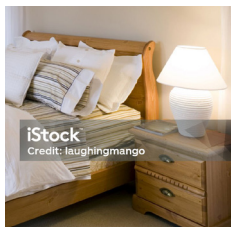
2 Go to bed *only* when tired.

- Lying in bed when your body is not ready for sleep can make things worse.
- If you aren't asleep after 20 minutes, get up and do something relaxing, like reading or taking a warm bath. Return to bed only when tired.



3 Try to get sunlight during waking hours.

4 Get regular physical activity.



5 Set up a good sleep environment.

- Only use your bed for sleep and intimacy. Using it for other activities like watching TV can make it harder for your body to know when it's time to sleep.
- Avoid visible clocks, which can make you focus on not being asleep.
- Dim or turn off the lights, reduce noise, and set a comfortable room temperature.



6 Avoid substances that can keep you awake.

Alcohol, caffeine, nicotine, and cannabis can all impact the body's ability to fall asleep or have restful sleep. Limit use of these substances after mid-afternoon.



7 Create a bedtime routine.

- Use a similar process every night to signal to your body that it's time to sleep.
- Adjust until you find the steps that work for you.
- Minimize the use of electronic devices, which give off blue light. If needed, use blue light glasses, screen filters, or device settings to reduce blue light.



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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. This material is provided by Alosa Health, a nonprofit organization which accepts no funding from any pharmaceutical company. It was supported by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania.

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