

Do you know
the difference
between...

**sleep needed to
feel awake and**
**sleep needed to
be healthy?**



Sleep is important for good health. Studies show that not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

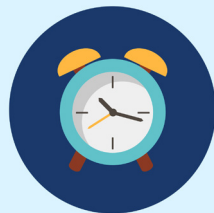
It's possible to get just enough sleep to stay awake and alert during the day. Research from the National Institutes of Health shows that four key sleep factors are crucial to protect your health:



**Good quality,
uninterrupted
sleep**



**7-8 hours
of sleep each
night (adults)**



**Regular bedtime
and wake-up
time every day**



**Exposure to
sunlight during
the day**



For more information, visit www.nhlbi.nih.gov/sleep.

Tips for Getting a Good Night's Sleep



Practice healthy habits during the day:

- Go to bed and wake up at the same time each day.
- Try to get at least 30 minutes of sunlight.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Don't take naps after 3 p.m.
- Avoid caffeine and nicotine.
- Avoid alcoholic drinks before bed.
- Avoid large meals and drinks late at night.
- Avoid medicines that delay or disrupt your sleep, if possible.



Create a good sleeping environment:

- Have a comfortable mattress and pillow.
- Keep the room temperature cool.
- Avoid distractions such as noises, bright lights, clocks, TVs, and computers.



Take time to relax before going to bed:

- Read a book or listen to music, and turn off the TV and electronic devices.
- Take a hot bath, which will adjust your body temperature and help you relax.

If you are awake for more than **20 minutes**, get up and do something relaxing.
If you continue to have trouble sleeping, **talk to your doctor about it.**



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