



# 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.