



# Healthy Sleep Habits



## Healthy Nighttime Habits to Improve Sleep Quality

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep.

Here are some ideas:



Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.



Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.



Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night.



Use low lighting in the evenings and as you prepare for bed.



Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.



Exercise at regular times each day but not within 3 hours of your bedtime.



Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.



Avoid eating large meals close to bedtime—they can keep you awake.



Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.



Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

For More Information: <https://www.nia.nih.gov/health/good-nights-sleep>

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