Live Well, Sleep Well
Sleeping well is key to feeling good and staying healthy.

Why is sleeping well important to me?

Proven ways to sleep better

**Stick to a schedule**
Set the same time of day (even on weekends) for:
- Getting up, going to bed
- Meals, medicines, exercise

Adults need 7 to 9 hours of sleep. Kids and teens need 9 to 11 hours.

**Save your bedroom for sleeping**
Your bedroom is just for sleeping
It should be:
- Quiet and dark
- Cool temperature, comfortable pillow and bed
- Free of pets

Use a different room for:
- TV and other screens
- Working

Ask your doctor before taking sleep medicines if you:
- Drink alcohol or use drugs
- Take prescriptions, especially pain medicine
- Are over 60
- Use heavy machinery
- Have sleep apnea, breathing problems, or glaucoma
- Have an enlarged prostate
- Are pregnant or nursing

**Be careful about sleep medicines**

**Is napping okay?**
It depends:
- If you sleep well, but just don’t sleep enough
- If you have trouble getting to sleep at night

**Talk with a doctor if:**
- You snore loudly and have moments of not breathing during sleep
- Sleep problems get in the way of your daily life and last more than a month

Manage stress and depression
Maintain brain health
Be more productive
Drive safely
Avoid chronic illness
Maintain healthy weight
You Can Learn to Sleep Well

To make new daily routines, you need to experiment to find what works best for you.

You’ll learn by what works for you by trying and creating your own formula. Follow the steps below.

1 **Make a Plan.** Planning out the details will help you succeed.

   **Pick a small step**
   - Pick a small step toward your goal.
   - Connect this step to a prompt or reminder.

   **Prepare**
   - What resources could help? (Eye mask? Ear plugs?)
   - Who will support you? (Spouse? Family member?)
   - What changes to your environment would help? (Curtains? A fan? Remove pets from bed?)

   **Think ahead**
   - What might get in the way or make this harder?
   - What can you do when that happens?
   - What will inspire you to keep going?

2 **Act and Track.** Try out your step for a defined period.

   Start date: __________ How will you keep track of what you do? (An activity tracker?)
   Review date: __________ Who will you be accountable to?

3 **Reflect and Adjust.** You can learn from whatever happens. There’s no failure if you keep learning. Adjust your plan and keep going.

   How did it go, and what did you learn?
   What will be your next small step?
   Be sure to celebrate what you did and what you learned!