

# 9 Sleep Tips



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**S**leeping is one of the most important activities in your day, yet studies show one in three Americans don't get enough sleep. Getting enough high-quality sleep each night with few interruptions is critical to your health. Your behaviors and activities during the day, and especially before bedtime, can have an impact on your sleep. They can promote healthy sleep or contribute to sleeplessness. Below are nine sleep tips and strategies to help you improve your sleep.

- 1** Aim for seven to nine hours of sleep each night
- 2** Prioritize sleep and invest in a quality mattress
- 3** Start a relaxing evening routine that includes dim lights (but not smartphones, TVs, or other screens) and peaceful thoughts
- 4** Limit daytime naps to 30–60 minutes
- 5** No electronics or bright screens before bed
- 6** Limit caffeine in the afternoons and evenings
- 7** Avoid eating right before bed
- 8** Exercise during the day, but not right before bed
- 9** Limit your alcohol intake, especially right before bed