9 SLEEP TIPS

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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Sleeping is one of the most important things you do in your day, yet studies show 1 in 3 Americans don't get enough sleep. Getting high-quality sleep with few interruptions and enough of it each night is critical to your health.

Dr. Barbara Bendlin, University of Wisconsin-Madison, published a study in 2017 that found people who reported more sleepiness during the day and not feeling rested after a night of sleep showed more brain changes related to Alzheimer's disease. Scientists are still trying to figure out if poor sleep causes Alzheimer's disease-related brain changes, or if the brain changes cause sleep disturbance. But it is clear there is a connection.

Your behaviors 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 9 sleep tips and strategies to help you improve your sleep.

1 Aim for 7–9 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 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.

Learn more

Visit the National Institute on Aging webpage "A Good Night's Sleep" at nia.nih.gov/health/good-nights-sleep. Find resources from the Wisconsin Alzheimer's Disease Research Center at adrc.wisc.edu/learn-more.