Talk to your doctor if you have insomnia, snoring, fatigue or excessive daytime sleepiness.

**Optimize Bedroom Conditions**

Make sure your bedroom is quiet, dark, relaxing and that the temperature is comfortable.

**Things to Avoid**

Do not eat large meals or drink alcohol or caffeine prior to bedtime.

**Optimal Sleep Recommendations**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Hours of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-60</td>
<td>7 or more hours per night</td>
</tr>
<tr>
<td>61-64</td>
<td>7-9 hours per night</td>
</tr>
<tr>
<td>65 +</td>
<td>7-8 hours per night</td>
</tr>
</tbody>
</table>

**Be Consistent**

Go to bed at the same time each night and get up at the same time each morning, including on weekends.

**Get Some Exercise**

Stay physically active during the day as this can help you fall asleep more easily at night.

**No Electronics**

Make sure your bedroom is quiet, dark, relaxing and that the temperature is comfortable.