

HEALTHY SLEEP HABITS



MASSACHUSETTS
Alzheimer's Disease
Research Center

Optimal Sleep Recommendations

Age Group	Recommended Hours of Sleep
18-60	7 or more hours per night
61-64	7-9 hours per night
65 +	7-8 hours per night



Be Consistent



Go to be 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.



Optimize Bedroom Conditions

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

No Electronics



Keep your bedroom free of devices such as TV, computers and cell phones. These can stimulate the brain and make it harder to sleep.

Things to Avoid

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



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