

# IMPROVE YOUR SLEEP

Adults need 7 or more hours of good-quality sleep on a regular schedule each night. Getting enough sleep isn't only about total hours of sleep. It's also important to get good-quality sleep on a regular schedule so you feel rested when you wake up.

## Why is getting enough sleep important?

Getting enough sleep has many benefits. It can help you:

- Boost your immunity
- Stay at a healthy weight
- Lower your risk for serious health risks such as diabetes and heart disease
- Reduce stress and improve your mood



## Daytime Habits



- Try to spend some time outdoors in the daylight — earlier in the day is best
- Plan your physical activity for earlier in the day, not right before you go to bed
- Stay away from caffeine (including coffee, tea, and soda) late in the day
- If you have trouble sleeping at night, limit daytime naps to 20 minutes or less
- If you drink alcohol, drink only in moderation (less than 1 drink in a day for women and less than 2 drinks in a day for men) — alcohol can keep you from sleeping well
- Don't eat a big meal close to bedtime

## Nighttime Habits



- Make sure your bedroom is dark, try putting up light-blocking curtains
- Consider keeping electronic devices such as TVs, computers, and smartphones — out of your bedroom
- Go to bed at the same time every night
- Try to get the same amount of sleep each night
- Avoid using computers or smartphones, watching TV, or playing video games at bedtime

### **For more tips on improving your sleep, visit:**

<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep>



TOWNSHIP OF HARDING  
BOARD OF HEALTH  
PO box 666, 21 Blue Mill Road  
New Vernon, 07976  
Telephone: (973) 267-8000  
Fax: (973) 829-7025  
[www.hardingnj.org](http://www.hardingnj.org)



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