Practice these six small steps for healthy sleep

Daytime

1. **Light**
   Spend time in bright light during the day, natural light or equivalent brightness.

2. **Exercise**
   Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.

3. **Mealtimes**
   Eat your meals at consistent times day after day.

Nighttime

4. **Avoid...**
   Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.

5. **Wind-down**
   Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7–9 hours for most adults, with same sleep and wake times.)

6. **Environment**
   Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

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