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## Getting a Good Night's Sleep

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Not getting enough sleep can affect all areas of your life and cause health problems. Learn how to develop healthy habits at bedtime as you age to help you get a good night's sleep.

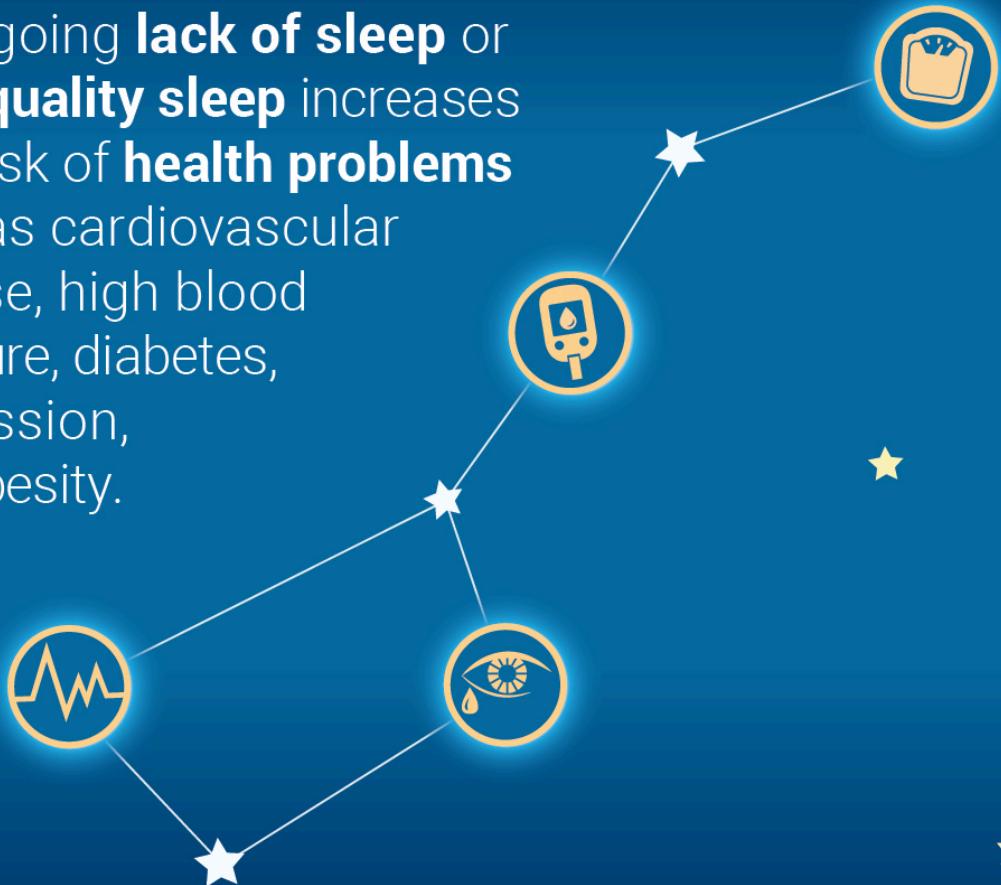
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# GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



They are also linked to **memory problems**, **forgetfulness**, and **more falls or accidents**.

Aim for  
**7-9 hours**  
of sleep each night.

## HERE ARE SOME TIPS TO HELP:

**Go to bed and wake up**  
at the same time every  
day, even on weekends.



**Avoid distractions** such as  
cell phones, computers,  
and televisions in your  
bedroom.



**Exercise at regular times**  
each day, but not  
within 3 hours of  
your bedtime.



**Find ways to relax**  
before bedtime each  
night.



**Don't eat large meals,**  
or drink caffeine  
or alcohol late in  
the day.



**Avoid long naps**  
(over 30 minutes)



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.



## You may also be interested in

- Reading more about [getting a good night's sleep](#) online or by downloading or ordering the [free pamphlet](#)
- Exploring [Science of Sleep resources](#)
- Learning about [fatigue in older adults](#)

Read a transcript of the infographic

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