

Sleep Hygiene Tips for Older Adults

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Good sleep is essential for memory, mood, and physical health. Here are evidence-based sleep tips tailored for s

■ 1. Stick to a Routine

- Go to bed and wake up at the same time every day — even on weekends.
- Helps reinforce your natural circadian rhythm.

■ 2. Limit Daytime Naps

- Nap for no more than 20–30 minutes.
- Long or late naps can interfere with nighttime sleep.

■ 3. Create a Relaxing Sleep Environment

- Keep the room dark, quiet, and cool (around 18–20°C)
- Use earplugs, eye masks, or white noise machines if needed

■ 4. Avoid Screens Before Bed

- Reduce exposure to blue light from phones, tablets, or TVs at least 1 hour before sleep.

■ 5. Avoid Stimulants in the Evening

- Skip caffeine, alcohol, and large meals late at night.
- These disrupt sleep quality and cause restlessness.

Adapted from: National Institute on Aging (NIA), Sleep Foundation, Better Health Channel (VIC Gov)