

How to Improve Your Sleep

Sleep is a vital indicator of overall health and well-being.

We spend up to one-third of our lives asleep, and the overall state of our "sleep health" remains an essential question throughout our lifespan.



Are You Getting Enough Sleep?

Age	Hours Needed
Teenagers (14-17)	8-10 hours
Younger adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Older adults (65+)	7-8 hours

DO'S



Go to bed at the same time daily.



Get regular exercise each day (Reco. 30 minutes).



Get regular exposure to outdoor or bright lights.



Keep the temperature in your bedroom comfortable (Reco. 60-67° Fahrenheit).



Keep naps short (20-30 minutes maximum).

DON'TS



Avoid caffeine-containing beverages after dinner.



Avoid heavy or spicy foods in the evening.



Avoid exercise before bedtime.



Avoid use any technological device before bed (e.g. smartphone, iPad, tablet or laptop).



Avoid drinking too many liquids 1-2 hours before bed.



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