

# 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) in the late afternoon or evening.**



# Good Nights Sleep

**Christian Drosten**



**Good Nights Sleep:**

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