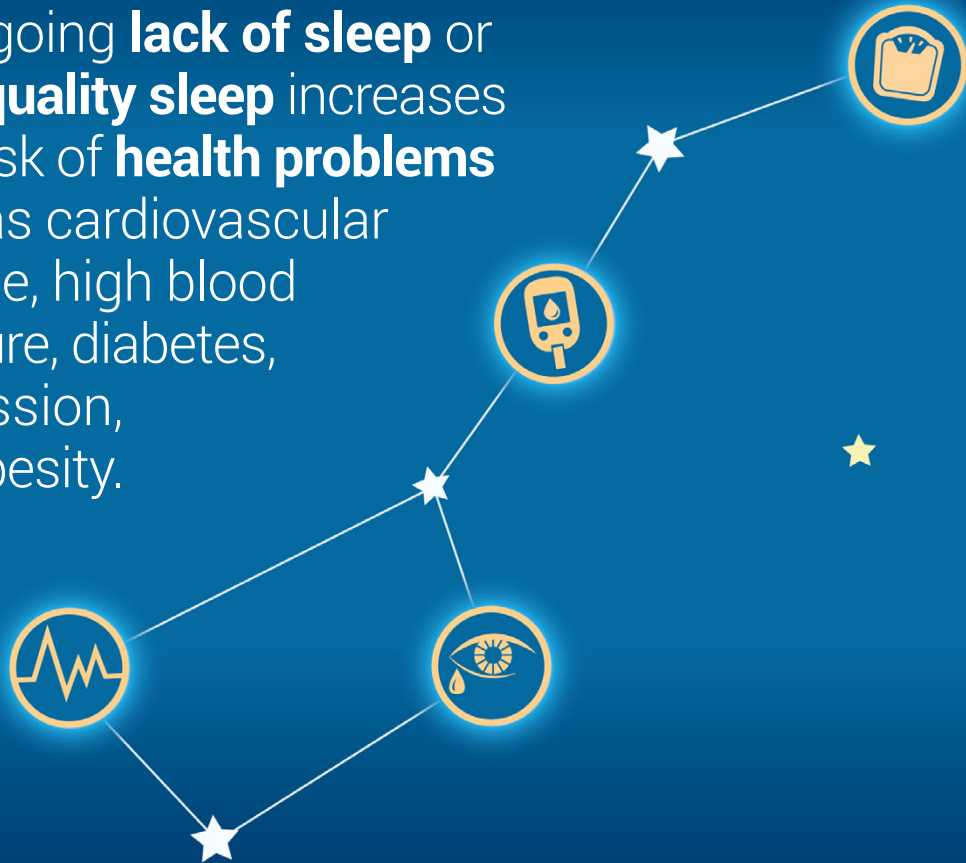


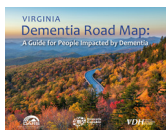
# Getting a Good Night's Sleep

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.**

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402  
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*.  
Download your copy of the Road Map by scanning the QR code or visit: [vda.virginia.gov/DementiaCapableVA.htm](http://vda.virginia.gov/DementiaCapableVA.htm)

# Tips to Help Sleep

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

**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.



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



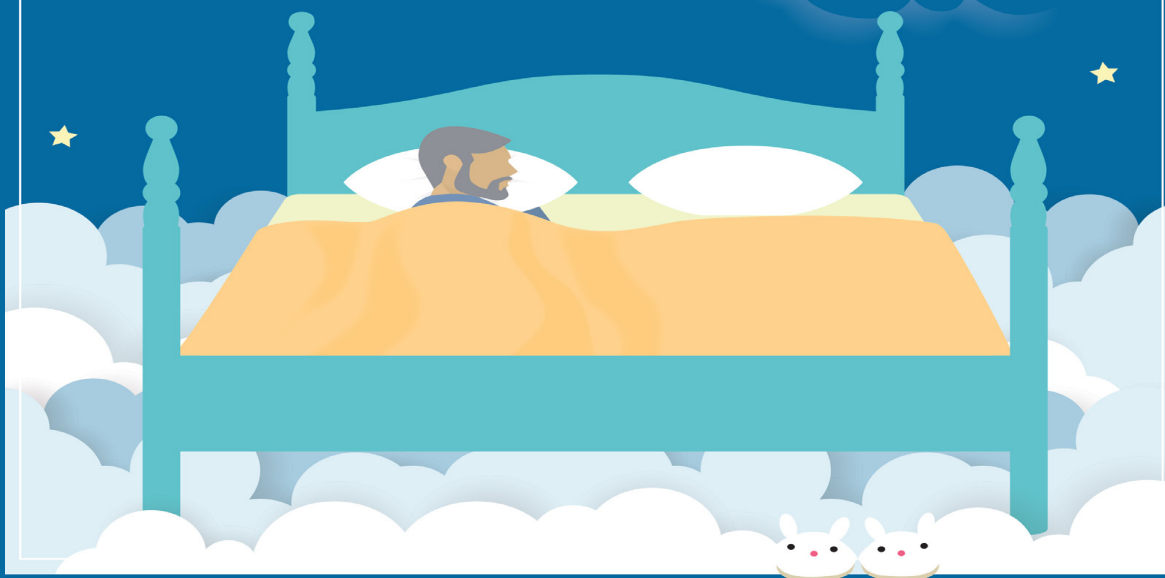
**Don't eat large meals,** or drink caffeine or alcohol late in the day.



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



**Avoid long naps** (over 30 minutes) in the late afternoon or evening.



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



National Institute on Aging