

SLEEP WELL

Total health

Most adults need between 7 and 9 hours of sleep each night for optimal health. But we know so many of us struggle to get the recommended amount of shuteye. Practicing good sleeping habits—also known as sleep hygiene—can help you get a better night's sleep:

- **Attempt to go to bed at the same time every night and wake up at the same time every day.**
- **Create a relaxing, dark, cool, and quiet atmosphere in your bedroom.**
- **Remove TV, phones, and other electronics from your sleep space.**
- **Avoid caffeine, alcohol, and large meals before bedtime.**
- **Stay physically active throughout the day.**

If sleep problems interfere with your daily function, talk to your healthcare provider.