Sleep Tip

Sleep needs vary by age group and individual. On average, adults need between 7 and 9 hours of sleep per night. Getting solid restorative sleep consistently provides us with the health benefits of improved mood, helping to maintain a healthy weight, improved athletic performance and coordination, and an increased ability to pay attention and remember new information.

For better sleep:

- Get into a regular sleep-wake pattern.
- Create a relaxing bed time routine that helps you get ready for bed: i.e. a hot bath or relaxing music an hour before bed.
- Create a sleep-conducive bedroom that is dark, quiet, and cool.
- Exercise regularly.

Source: National Sleep Foundation