



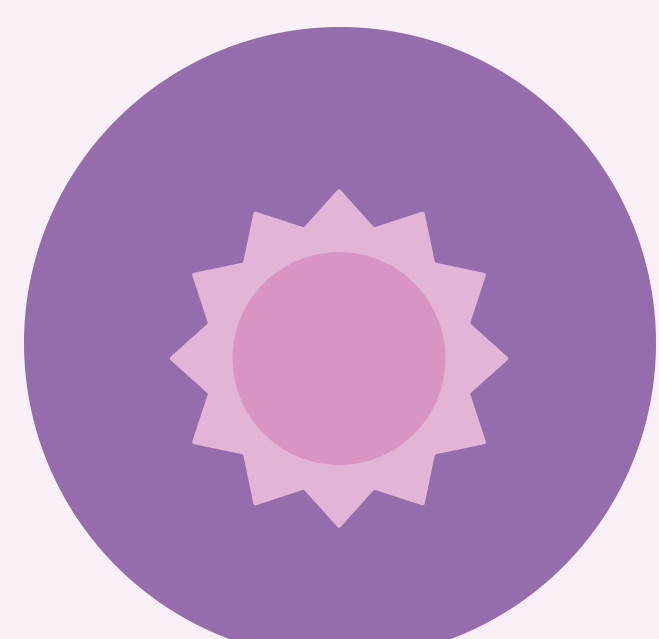
## SLEEP

Brain Health Pillar

BRAIN ● HEALTH  
NETWORK

[www.brain.health](http://www.brain.health)

The Global Council on Brain Health (GCBH) recommends getting seven to eight hours sleep each night



### Daytime

- Get up at the same time every day
- Expose yourself to light during the day
- Exercise: Regular physical exercise promotes good sleep
- If you are overweight, lose weight
- Beginning after lunch, avoid caffeine
- Avoid driving when drowsy or sleep deprived
- Don't worry too much about the occasional night of bad sleep



### Evening

- Restrict food and fluids from three hours before going to bed
- If you have trouble sleeping at night but doze off in the evening (eg when watching TV) either listen to your body and go to bed earlier or make yourself
- more alert by standing up and being active



### Night

- Go to bed only when you feel drowsy enough to fall asleep
- Maintain a regular routine in preparation for bedtime to give your body signals it is time to settle down
- Keep the bedroom quiet and dark at night. (If you have to get up at night, use a soft amber-coloured night light rather than turning on overhead lights)
- Maintain a bedroom temperature that is comfortable
- Avoid over-the-counter medications for sleep as they can have side-effects, particularly as we get older
- Dietary supplements for sleep, such as melatonin, may have benefits for some, but the scientific evidence is inconclusive
- Consider limiting any prescription sleeping pills (which can become less effective with regular use) to three nights a week, unless your doctor says otherwise
- Keep pets that disturb sleep out of the bedroom
- Keep smartphones, TVs and other electronics out of the bedroom