American Heart Association.
Healthy for Good™

Life's Essential 8™

STEPS TO HEALTHY SLEEP



Restful sleep every night is essential for a healthy heart and brain.

ADULTS: AIM FOR AN AVERAGE OF 7–9 HOURS

Infants and children need more sleep for their age.

DISCOVER SLEEP'S BENEFITS

- **BRAIN FUNCTION** with improved alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- **HIGHER** energy and a brighter mood
- **ENHANCED** immune defenses
- **REPAIR** and healing of cells, tissues and blood vessels
- **LOWER RISK** of chronic disease

HOW SLEEP SHAPES YOUR HEALTH

Sleep gives your brain time to reset. Regular, restful sleep helps it function well. Poor sleep may increase your risk of the following:

- Anxiety and depression
- Dementia and memory loss
- Elevated blood pressure, blood sugar and cholesterol
- Obesity
- Heart disease



WAYS TO SLEEP WELL

Review your room

LOWER LIGHT.

Lowering lights before bed signals your brain that it is time to unwind. At night, dim screens or use a red-filter app. Bright blue light from most devices can disrupt your body clock and production of melatonin, the hormone that helps regulate sleep.

BE CONSISTENT.

Sleep and wake at the same times each day. This steadies your body clock and helps you fall asleep and wake naturally. Set a bedtime alarm to remind you to bring your day to a close and prepare for the night.

WIND DOWN.

Build a bedtime routine. Take 20-30 minutes to unwind before bed: read, meditate or have a warm bath. Keep screens out of this time.

SILENCE IT.

Use your phone's "do not disturb" mode to block interruptions while you are settling down to sleep.

Find out more at heart.org/lifes8

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