American Heart Association®
Healthy for Good™

3 WAYS TO SLEEP BETTER

Your body craves sleep, yet getting to bed on time can be a challenge. Use these tips to sleep well each night.





SET AN ALERT

Set a daily alarm 1 hour before bedtime to remind you to start winding down for the night.



CUE YOUR BRAIN

After the alarm rings, do a routine your brain links to bed, like brushing your teeth or washing your face.



EASE INTO REST

Restore your calm with a relaxing activity: take a bath, read, keep a journal or do something else soothing.

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If poor sleep is a regular problem, talk with your doctor.

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