

NINE RECOMMENDATIONS TO SLEEP SOUNDLY

1. Make sleep your best ally.

- Prioritize sleep. 7-8 hours of sleep per day (including naps).
- Don't spend more time in bed than 7-8 hours.
- If you are unable to fall asleep or go back to sleep in about 30 minutes: get up, get out of your room and do some relaxing activities until your eyelids feel heavy, a sign that it's time for you to go back to bed again.

2. Cultivate social ties with the outside world.

3. Brighten up your days!

- Light stimulates your brain, enhances your mood, and help your biological clock to provide the right signal for a good night of sleep.

4. Avoid caffeine and alcohol late in the day and in the evening.

5. Get moving.

6. Try to reduce stress and worries as much as possible before bedtime.

- Adopt a calming nighttime routine (meditation, relaxation, herbal tea, reading, music, scrabble).

7. Create an ideal environment for sleep.

- Your bedroom should be a quiet room, dark and with an optimal room temperature. This place should be devoted only for sleep and intimacy.
- Don't hesitate to sleep in another bed in your house in order to protect your sleep or your life partner's if one of you has a sleep problem.

8. Reduce screen time in the evening.

9. Keep a regular sleep and meal schedule.

- Wake up at the same time every morning, no matter how good your sleep was.

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