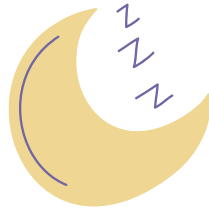# Sleeping Better

ZUCKERBERG
SAN FRANCISCO GENERAL
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SLEEP FACTS

Sleep is important for both **physical and mental health!**

The amount of sleep that individuals need is variable, but many people need **7-9 hours**.

Sleep helps with **recovery** from injury and sickness. It also **improves** your ability to concentrate and deal with stress.

Why Sleep?

Lack of sleep is connected with obesity, diabetes, heart disease, and depression.

You may **need more sleep** if you have trouble staying awake throughout the day, concentrating, or feel more irritable or easily upset.

TIPS FOR BETTER SLEEP

✓ **Relax!** If you have not fallen asleep after 30 minutes, do something relaxing and try again.

✓ Go to sleep and wake up around the **same time** each day.

✓ If possible, keep your sleeping area **quiet, dark** and a comfortable temperature.

✓ **Exercise daily** to reduce stress preparing you better for sleep.

✗ Try **not to nap** later in the day, or, if you have to, keep them to 30 minutes or less.

✗ **Stop** the use of **stimulants** like nicotine or caffeine before sleep.

✗ Try not to **exercise**, eat **large meals**, or **drink alcohol** a couple of hours before sleep.

✗ **Limit electronic** use as you prepare for bed.

Not all of these suggestions will work for everyone.
Pick one or two to try out first!