



# Sleep Tight

## 6 habits for better sleep

Not getting enough sleep is more than an inconvenience. It's associated with such serious health issues as obesity, diabetes, heart disease, and depression. Poor sleep is linked with impaired decision-making, decreased alertness and less energy.

4 in 10

**upstate N.Y. adults don't get enough sleep.**



### Signs of poor sleep include:

- Waking frequently at night
- Feeling tired after waking up
- Experiencing sleep disorder symptoms such as gasping for air

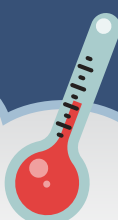
Health experts recommend getting at least **7 hours** of sleep each night and adopting these six habits to help improve sleep.



2  
Exercise regularly

1

Keep bedroom quiet, dark, and cool



3

Avoid large meals, caffeine, nicotine and alcohol before bed

4

Stick to a consistent sleep schedule, even on weekends



5

Establish a relaxing bedtime routine



6

Turn off electronic devices at least 30 minutes before bed



## Are you getting enough sleep?

For more help with sleep, talk with your doctor or a sleep specialist.

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