SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION
EXPERTS AGREE...

Get up at the same time every day. Develop a regular sleep-wake schedule

Keep the bedroom dark, quiet, and at a comfortable temperature

Limit use of bedroom for sleep

Expose yourself to light during the daytime

Get 7 to 8 hours of sleep in a 24-hour period

Exercise. Regular physical activity promotes good sleep

The Brain Sleep Connection: GCBH Recommendations on Sleep and Brain Health; www.globalcouncilonbrainhealth.org
Contact: Nick Barracca at nbarracca@aarp.org
For more brain health tips see www.stayingsharp.org