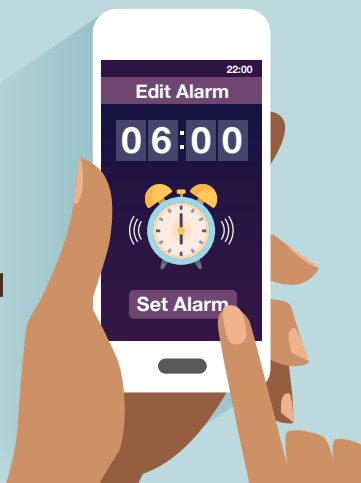




SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



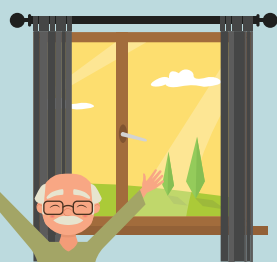
Get 7 to 8 hours
of sleep in
a 24-hour
period



Exercise. Regular physical
activity promotes
good sleep



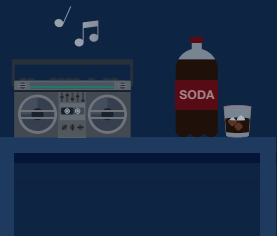
Get up at the same
time every day.
Develop a regular
sleep-wake
schedule



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



Limit use
of bedroom
for sleep



Expose
yourself
to light
during the
daytime

