The Do’s and Don’ts to Promote Sleep

No matter what your age, sleeping well is crucial to your physical health and emotional well-being. For older adults, a good night’s sleep is especially important because it helps improve concentration and memory, allows your body to restore any cell damage that occurred during the day, and rejuvenates your immune system, which in turn helps to prevent disease.

Do’s (Promote Sleep)

1. Exercise during the morning or afternoon.
2. Drink a glass of warm milk or hot chamomile tea.
3. Manage your stress throughout the day (Yoga, meditation, visualization).
4. Take a warm bath or shower before bed time to promote relaxation.
5. Establish a bedtime routine (warm bath, warm milk, read a book, etc).
6. Wear comfortable clothing (not too hot or too cold).
7. Read a book before bed.
8. Create a playlist of relaxing and soothing songs to listen to before bed.

Don’ts (Inhibit Sleep)

1. Don’t exercise less than 3 hours before bed.
2. Don’t watch television or be on the computer before bed.
3. Don’t take naps during the day time (more than a 15-20 minute power nap or after 3p.m.).
4. Don’t have caffeine, alcohol, or nicotine before bed.
5. Don’t eat large meals right before bed.
6. Don’t think about stressful situations or work that needs to be done while lying in bed.
7. Don’t wear restricting clothes to bed.
8. Don’t listen to loud, stimulating music before going to bed.