

## **Tips for a Good Night's Sleep**

At Your Service offers these tips for a restful night (from the American Geriatrics Society):

- Keep a regular sleep schedule. Most people need about 8 hours per night.
- Avoid caffeine after 2 PM.
- Enjoy a light evening meal.
- Reduce light in your bedroom. Don't forget about that digital clock light. Turn off that TV.
- Get regular exercise 3 or 4 days each week. 30 minutes will help with a more restful sleep.
- Try to avoid long naps in the daytime.

If your sleep problems last longer than two weeks, see your physician.