

Find your sleep remedy.

Sleep is essential to living a long, healthy, and productive life. Even a few small changes to your routine can make a difference. Use this guide to help you prioritize sleep and sleep well.

Learn why sleep is essential.

Getting enough healthy sleep each night helps you wake up feeling refreshed and keeps you healthy—[mentally and physically](#). Healthy sleep helps you:



Lower your risk for serious health problems, including Type 2 diabetes and heart disease



Prevent and manage mental health problems



Get sick less often



Improve brain health and help prevent Alzheimer's



Maximize immunity from vaccines



Maintain a healthy weight



Improve mood



Make better decisions

Reflect on your sleep.

[Healthy sleep](#) is about quality and quantity. For most adults, healthy sleep means:

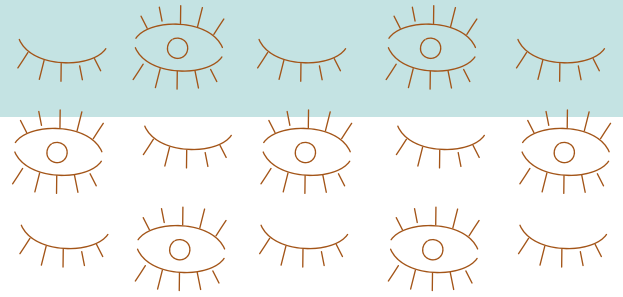
- **Getting seven or more hours each night.**
- **Sleeping soundly during the night without waking frequently.**
- **Going to bed and waking up at roughly the same time each day.**
- **Waking up feeling refreshed.**

Look out for signs of poor sleep.

Your body might be telling you that you are not getting healthy sleep if you:

- **Fall asleep easily during TV shows, car rides, or other activities.**
- **Feel a need to drink caffeine to stay alert and energized.**
- **Oversleep on the weekends (to catch up on a lack of sleep during the week).**
- **Find it difficult to focus and concentrate during the day.**
- **Don't have the energy to exercise, play with your children, or do other things you enjoy.**
- **Have less interest in intimacy.**


Sleep is good medicine.





Make sleep a priority.


It can be hard for sleep to make it to the top of your priorities. A [few small changes](#) to your routine might be the difference between sound sleep and a restless night.


Choose one thing from this list to commit to this week. Add more tips gradually once you feel confident.

-  **Set a bedtime.** Setting a bedtime can help you get the sleep you need each night.
 - Set a bedtime early enough to get seven or more hours of sleep each night.
 - Use our [calculator](#) to help you set a bedtime.

-  **Be consistent.** Being consistent with your sleep keeps your body on a schedule.
 - Get up at the same time every day, even on weekends or during vacations.
 - Set an alarm or reminder on your phone for when it's time to start your bedtime routine.

-  **Wind down.** Winding down before bedtime helps your mind and body get ready to fall asleep.
 - Limit exposure to bright light in the evenings.
 - Use the settings on your electronic devices to set limits for screen time.
 - Find a relaxing routine that works for you—read (but not something that will keep you up), write in a journal, listen to calming music, or meditate.

-  **Plan your day.** Planning your day can help you prioritize sleep.
 - Shift or postpone activities to allow for more sleep when you can.
 - Consider asking a trusted family member to help you with caregiving some days.

-  **Talk to your doctor.** Making sleep a health priority can motivate you to stay on track.
 - Talk to your doctor about your sleep and any concerns you may have.
 - Use a [sleep diary](#) to track your sleep at home and bring it to your appointment.
 - Remember that sleep is as important to your health as diet and exercise.
 - If you have sleep problems that aren't getting better, ask your doctor if it's time to see a [sleep specialist](#).

Learn more about the vital role sleep plays in your health. And read more tips to help you sleep well. Go to [sleepisgoodmedicine.com](https://www.sleepisgoodmedicine.com).

Sleep is good medicine.