Body Clock

Following your body's natural rhythms can help with sleep.

It can help to wake up at same time everyday, get sunlight, do your physical activity during the day and not too close to bedtime. Limit caffeine after lunch.

Try to relax more in the evening. Avoid too much stimulation or stress. Limit eating or drinking 3 hours before sleeping.

Only go to bed when you feel tired. Start a bedtime routine.

Sleep in a comfortable, quiet, and dark room. Avoid looking at screens in bed.

Source: Brain Health PRO.

To learn more visit

IHDA.HEALTHSCI.MCMASTER.CA

MCMASTEROPTIMALAGING.ORG

Brain HEALTH PRO

McMaster University

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
Consortium canadien en neurodégénérescence associée au vieillissement

FHQ Tribal Council

Sleep and Brain Health

Sleep and Brain Health

Good sleep is important for overall health, including your heart, immune system and brain health.

Sleep affects our ability to think, learn, and remember. New memories become permanent as we sleep.

During sleep, brain imbalances get noticed and corrected. Brain waste gets removed while sleeping. This can help to prevent Alzheimer's Disease.

Source: Brain Health PRO.

Better sleep health

Remember that sleep is an important part of taking care of ourselves and deserves to be a **priority**.

If you are having sleep issues, see your doctor. It does not matter what age you are. The **Non-Insured Health Benefits (NIHB)** program provides coverage for sleep health services.

Smudging with Traditional medicines and **praying** to the Creator can help with sleep, especially if it's part of your daily routine.

Source: Community Research Advisory Committee.

A good night's rest

Everyone has bad sleep sometimes, and that is okay. If you are getting poor sleep consistently, it is important to see your doctor. Signs of poor sleep include feeling tired during the day, being frustrated, having memory problems, and difficulty concentrating.

Your sleep needs change overtime. The hours of sleep can decrease as you age. Most adults need between 7-9 hours of sleep a night. But people of the same age may need different amounts of sleep. You can decide what is best for you.

Source: Brain Health PRO.