# GETTING QUALITY ZZZ'S

# Waterbury HEALTH

### For optimal health, adults should get AT LEAST 7 HOURS OF SLEEP EACH NIGHT.

www.cdc.gov



## **HEALTHY TIPS FOR SLEEPING**



- Have a consistent bedtime/ wake time schedule
- Avoid electronic screens one hour before bedtime
- Relax before bed: read, meditate, or go for a walk
- Avoid alcohol, caffeine and cigarettes before bedtime
- Avoid daytime naps

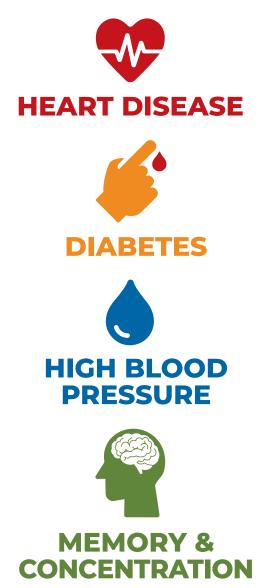
## **3 PILLARS OF GOOD HEALTH**







Problems associated with lack of sleep:



#### If you have trouble sleeping, Waterbury HEALTH can offer you help.

Our Sleep Center can help diagnose problems and create a personalized treatment plan. Specially trained sleep specialists use the latest techniques in sleep studies to evaluate, diagnose and treat sleep disorders.

For more information call (203) 598-7399 or visit waterburyhospital.org/all-services/sleep-center/.