

# HEALTHY IS GETTING QUALITY ZZZZ's

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

[www.cdc.gov](http://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



EXERCISE



NUTRITION



QUALITY SLEEP

Problems associated  
with lack of sleep:



**HEART DISEASE**



**DIABETES**



**HIGH BLOOD  
PRESSURE**



**MEMORY &  
CONCENTRATION**

If you have trouble sleeping, ECHN can offer you help.

ECHN's Sleep Disorders Center, certified by The American Academy of Sleep Medicine, 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, visit [echn.org/services/sleep-disorders](http://echn.org/services/sleep-disorders)