

Better sleep

Most adults need about 7 to 8 hours of sleep. But for many people, getting a good night's rest can be challenging. A number of different factors can make it harder to fall or stay asleep. Maybe you're feeling stressed or worried, or perhaps you're dealing with pain or hormonal changes. Using electronics (like a TV or phone) or eating and drinking—especially alcohol—too close to bedtime can also make it harder to fall asleep. Even taking certain medications may keep you from getting the sleep you need.

A lack of sleep can make you feel:

- drowsy or exhausted
- moody or depressed
- stressed
- forgetful or unable to concentrate

The National Sleep Foundation's 2023 Sleep in America® Poll shows sleep is strongly associated with mental health.

Over time, an ongoing lack of sleep (sleep deprivation) can put you at an increased risk for:

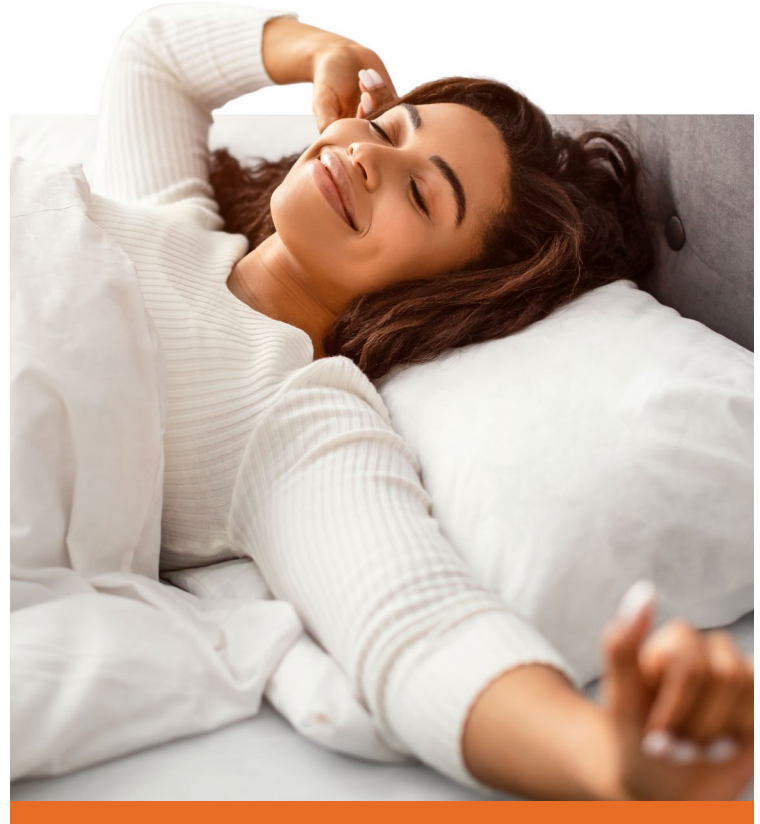
- depression or mental illness
- health issues such a stroke
- severe mood swings

How do you know if you are sleep deprived?

You may be sleep deprived if you:

- are drowsy during the day
- fall asleep for brief periods during your normal waking hours
- fall asleep within 5 minutes of lying down

Talk to your doctor if you have problems sleeping that make it hard for you to function or that last more than 4 weeks.



3, 2, 1 – Sleep

Try to have that last cup of coffee or other caffeinated drink at least 10 hours before bed. Incorporate relaxing sleep rituals to let your brain know it's time to wind down.

Make your bedtime more relaxing

- listen to white noise using a sound machine or mobile app
- meditate
- take a warm bath
- read



Number of hours before bed

To do

3 hours

Stop eating and do not drink alcohol

2 hours

No work or homework

1 hour

Switch off screens (phones, tablets, and television)

Referenced sources include [sleepfoundation.org](https://www.sleepfoundation.org), [hopkinsmedicine.org](https://www.hopkinsmedicine.org), [psychiatry.org](https://www.psychiatry.org) and [mayoclinic.org](https://www.mayoclinic.org)

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