Rest easy

How to get a good night’s sleep

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More than a third of American adults are not getting enough sleep on a regular basis. Are you one of them? Between busy work schedules and other everyday stresses, it’s hard to fall asleep and stay asleep. **The good news:** There are simple ways to improve your sleep habits.

**If you’re not getting enough sleep, you’re more likely to suffer from:**

- Increased risk of diabetes and heart problems, like high blood pressure
- Increased risk of some cancers
- Increased risk of depression and substance use
- Increased hunger and obesity
- Moodiness, poor judgment and inability to learn and retain information
- Increased risk of serious accidents and injury

**Simple steps to better sleep**

Sleep is the most underrated health habit. Nearly half of us don’t get seven or more hours of sleep a night.

**Here are some tips to try:**

| **Go to bed at the same time each night and rise at the same time each morning (even on weekends).** |
| **Finish eating at least two to three hours before bedtime.** |

| **Use your bedroom only for sleep (not for reading, watching TV or using your computer). You’ll be surprised how relaxed you become simply by entering the “sleep” room.** |
| **Don’t have caffeine and alcohol close to bedtime.** |

| **Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soft music one hour or more before the time you want to fall asleep.** |
| **Exercise regularly.** |


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