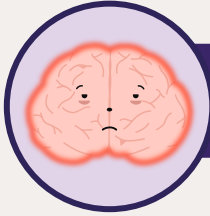


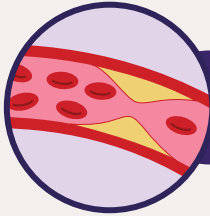
WHY IS SLEEP IMPORTANT?

Poor quality sleep can physically affect your brain and increase your dementia risk.

Physical brain changes may include:



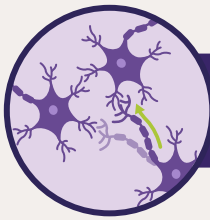
An increase in inflammation



Hardening of arteries in your brain



Disruption of the brain's ability to get rid of waste and toxins

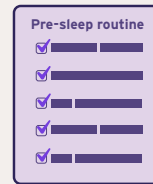


Altering neural connections

Tips for healthy sleep:



It's important to spend time outdoors so natural light can set your internal body clock



Having a regular pre-sleep routine will help your body prepare for a good night's sleep

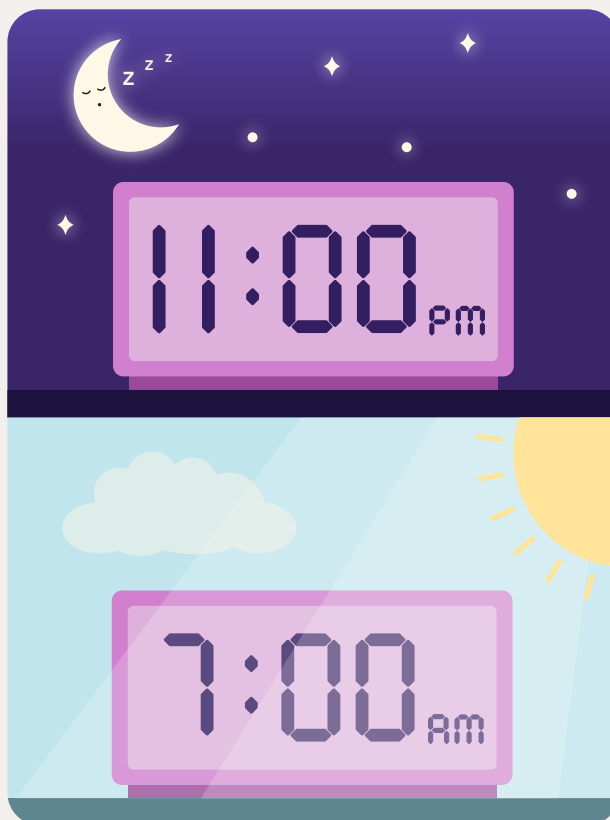


Some sleep disorders may require medical attention. See your doctor if your sleep problems persist

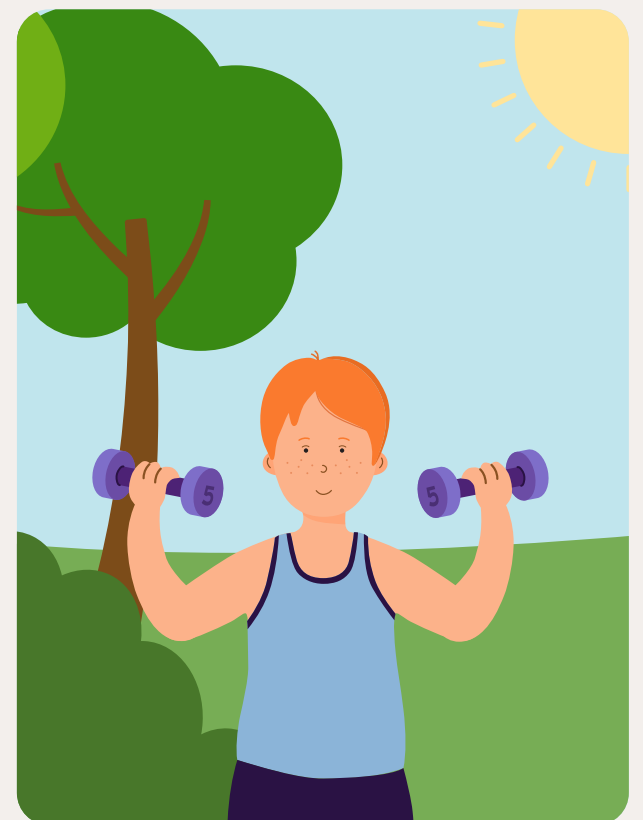
HOW CAN YOU TAKE ACTION?



- Create and follow a regular pre-sleep routine
- Limit screen time and caffeine consumption before bed
- Try adding meditation and/or breathing exercises to your pre-sleep routine



- Go to sleep at the same time every night and choose a consistent time to wake up
- 6-8 hours of sleep per night is recommended
- Sleep in a quiet and dark environment



- Get as much natural light exposure as you can during the day
- Engage yourself in physical activity and exercise during the day
- Avoid exercising at least a few hours before you go to bed