

# GETTING A GOOD NIGHT'S SLEEP

Stay Independent.   
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



As you age, it can become more difficult to fall asleep and to stay asleep. In fact, older adults need 7-8 hours of sleep every night. Not getting enough sleep can increase your risk of falling.

## To Improve Your Sleep:

- » Go to bed and get up about the same time each day
- » Keep your bedroom just for sleep. Avoid watching TV or using the computer or tablet in bed

## Just before bed:

- » Keep your bedroom dark, cool and quiet
- » Reduce light in the bedroom from the TV, radio, computer, or alarm clock.
- » Use a nightlight with a motion sensor.
- » Use a comfortable mattress and pillow.



[findingbalancealberta.ca](http://findingbalancealberta.ca)

## TAKE ACTION TO IMPROVE YOUR SLEEP

### In the evening:

- ☒ Avoid large meals right before bedtime
- ☒ Limit drinking fluids in the evening
- ☒ Reduce the amount of nicotine and alcohol you consume before bed
- ☒ Avoid foods and beverages with caffeine such as coffee, tea, pop, and chocolate
- ☒ Some medications contain caffeine. Talk to your doctor or pharmacist about alternatives

### During the day:

- ☒ Keep busy with different activities during the day to avoid naps. If you must nap, do so for only 15-30 minutes
- ☒ Try to do 30 minutes or more of physical activity at least 5 days each week. Preferably in the morning or afternoon.
- ☒ It's important to get enough bright light during the day. Sit in front of a bright sunny window or go for a daytime walk.

**Talk to your doctor or healthcare provider  
about other ways to improve your sleep.**

### LOCAL CONTACT INFORMATION

Sources available upon request.

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