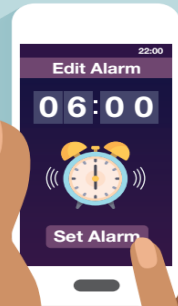




# SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



Get 7 to 8 hours  
of sleep in  
a 24-hour  
period



Exercise. Regular physical  
activity promotes  
good sleep



Get up at the same  
time every day.  
Develop a regular  
sleep-wake  
schedule



Keep the bedroom  
dark, quiet, and  
at a comfortable  
temperature



Limit use  
of bedroom  
for sleep



Expose  
yourself  
to light  
during the  
daytime



Global Council on  
**Brain Health**  
A COLLABORATIVE FROM **AARP**

**The Brain Sleep Connection:** GCBH Recommendations on  
Sleep and Brain Health; [www.globalcouncilonbrainhealth.org](http://www.globalcouncilonbrainhealth.org)  
**Contact:** Nick Barracca at [nbarracca@aarp.org](mailto:nbarracca@aarp.org)  
For more brain health tips see [www.stayingsharp.org](http://www.stayingsharp.org)

For more information, email [Research@flhealth.gov](mailto:Research@flhealth.gov) or

Contact your local County Health Department:

Additional resources may also be found by visiting:

<http://www.floridahealth.gov/provider-and-partner-resources/research/HealthyBrainInitiative1/index.html>

