Experts recommend that adults sleep at least seven hours each night to promote optimal health and well-being. Sleeping less than seven hours increases the risk of developing chronic diseases such as high blood pressure, obesity and heart disease. Despite this, many people are regularly deprived of quality sleep and feel sleepy during the day. There are many things that can interfere with sleep. Getting a good night’s sleep starts well before bedtime.

**Tips to help you sleep at night start with what you do during the day:**

**Get a dose of daylight.**

Sunlight has a strong effect on our internal clocks, which are regulated by light exposure. Try getting outside or sitting by a window for natural light. A dose in the morning can help normalize your circadian rhythm.

**Limit caffeine.**

Caffeine late in the day is tempting to overcome daytime sleepiness, but it can leave you wired and unable to fall asleep at night. A morning cup or two of coffee is fine, but stop once noon rolls around. If able, take a 20-minute nap to refresh, but make sure it’s early in the day!

**Don’t eat too late.**

Allow at least two to three hours between your last meal and bedtime. This gives your body time for digestion and minimizes food-based sleep disruptions such as heartburn. If you need an evening snack, opt for something light and healthy, such as a glass of milk or a handful of grapes. Avoid sugar!

**Reserve your bed for sleep.**

If you love your bedroom, you may be tempted to hang out there, but this can actually cause problems at bedtime. Try to limit bedroom activities to getting ready for bed. This helps create a strong association between your bed and sleep.

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*The Centers for Disease Control and Prevention, the American Academy of Sleep Medicine and the Sleep Research Society*

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**Johns Hopkins Employee Highlight:**

Melanie Lloyd, Quality and Transformation Johns Hopkins Community Physicians

- I’m working on getting a good night’s sleep every day! I’m also working on drinking enough water throughout the day.
- Small progress is still progress! Celebrate the little wins toward your big goals!

**Share your story.**

[Click here](#) to submit.

**Visit the Healthy at Hopkins portal (via [my.jh.edu](http://my.jh.edu) and select the Healthy at Hopkins logo).**

[Click here](#) for more resources from the Office of Well-being webpage

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**Join Us This Week**

**Ask the Expert: Creating Habits to Sleep Through the Night**

Every Thursday, noon–12:30 p.m.

Join Sara Benjamin, M.D., instructor of neurology, Johns Hopkins Center for Sleep, to talk about how to build habits to sleep through the night.


Meeting number: 160 296 9425

Meeting password: bmKzwmip344

Phone: 1-404-410-4502

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