



**HEALTHY  
MINDS INITIATIVE**  
INTERNATIONAL

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CRENSHAW CHRISTIAN CENTER

## **SLEEP**

- Make your room sleep-friendly (no TV, low light and low sound)
- Get at least an hour of natural light during the day, especially if combined with walking in the morning or lunch time
- Go to bed the same time every night, and wake up the same time every night
- Aim for 7-8 hours of sleep every night
- Try to avoid taking too many naps, especially after 3 pm
- Avoid eating a few hours before sleep
- Avoid activities that greatly agitates or activates the mind right before sleep
- Partners should observe for any signs of breath-holding or snoring during sleep, and if it is present, please discuss with a physician to screen for SLEEP APNEA, because it can damage the brain and the heart