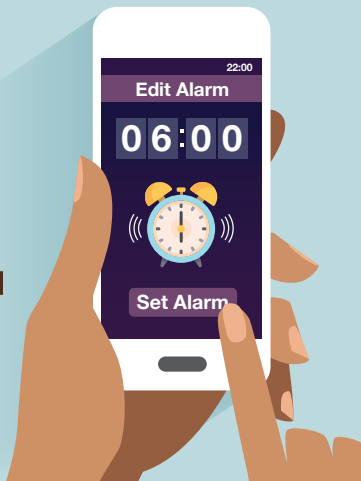




# SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



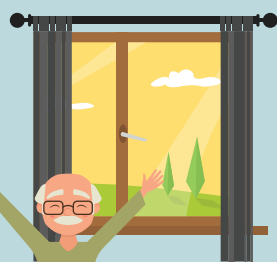
Get 7 to 8 hours  
of sleep in  
a 24-hour  
period



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

