Topic Summary: Sleep

Getting a good night sleep is linked to better health and can improve how you feel. For most adults, getting 7 to 8 hours of sleep each night will help you to stay alert, be healthy, and function well. Learn how to take action if you find it difficult to sleep well.

Learning goals

Explore the learning resources to learn:

- What might be stopping you from sleeping well
- The signs of disturbed sleep and sleep apnea

Learning Resources

- THRiVE: Sleep Well
- Website: Sleep
- Website: Sleep Apnea
- Webinar: Sleeping Well for Better Heart Health
- Guide: Managing Stress for a Healthy Heart

Tools for Self-Management

- Create your action plan
- Reflect on your week
- Your Guide to Healthy Sleep (external link)
- Sleep Diary (external link)

Key points:

- ◆ As you age, it becomes difficult to sleep well through the night.
- ◆ Sleeping poorly is a stress on your heart and needs to be managed.
- ◆ Talk to your doctor if you have signs of disturbed sleep or sleep apnea.