

GETTING A GOOD NIGHT'S SLEEP

During the Day



- ◆ Get at least 30 minutes of daylight exposure within 1-2 hours of waking
- ◆ Limit napping
- ◆ Exercise regularly
- ◆ Avoid skipping meals

In the Evening



- ◆ Enjoy a relaxing activity like reading, stretching, or journaling
- ◆ Take a warm bath 60-90 minutes before bed
- ◆ Eat a well balanced dinner 3 hours before bed time
- ◆ Avoid screen time for 30-60 minutes before bed

Right Before Bedtime



- ◆ Go to bed at the same time every night
- ◆ Set up your bedroom: Dark, quiet, comfortable, and cool temperature
- ◆ If you can't fall asleep, try any of the relaxing activities



What Happens Without Enough Sleep?

- ◆ Impaired immune system
- ◆ Appetite changes
- ◆ Decline in memory
- ◆ Difficulty learning, focusing, & making decisions

How Much is Enough?

- ◆ Adults age 18-64 years old need 7-9 hours
- ◆ Adults 65+ need 7-8 hours

Helpful
Tips

Nutrition Tips

- ◆ If you have CKD or ESRD, healthy albumin & hemoglobin levels support better sleep
- ◆ Avoid caffeine in the afternoon
- ◆ Eat foods rich in magnesium like nuts & whole grains