



Mayo Clinic Minute: Tips for better sleep

No matter if you need five hours of sleep or eight, the key is getting good, refreshing rest. According to Dr. Virend Somers, a cardiologist who specializes in sleep disorders, how much sleep a person needs varies from person to person. However, there are some simple tips that everyone can use to improve their sleep quality.

Video	Audio
	"Different people need different amounts of sleep, and on average, we can say most people need seven to eight hours."
	Dr. Virend Somers says to consider the quality of sleep, not the quantity. He offers these ideas to help you have good sleep hygiene.
	"In the bedroom, you want absolute darkness."
	And that means no screens. No TV. No laptops. No phones. And no ticking clocks or LED displays.
Virend Somers, M.D. Cardiovascular Medicine Mayo Clinic	"Avoid bright lights, avoid looking at your phones, because light from there can affect your melatonin."
	That's the hormone that regulates sleep. He says when it comes to quality sleep, less stimulation is best.
	"Minimize alcohol, minimize exercise, minimize lights, minimize external inputs before about two hours or so before bedtime. The bedroom is for sex and sleep. It's not for spreadsheets."
	Exercise can help improve sleep, but working out near bedtime can raise arousal levels, making it harder to sleep.
	For the Mayo Clinic News Network, I'm Alex Osiadacz.