Other sleep problems may include:
- stop-and-start breathing that can shorten sleep or cause one to wake up (medical term: sleep apnea)
- odd leg movements or legs that feel numb, tingly, or painful
- trouble falling asleep, staying asleep, or sleeping well (medical term: insomnia)

What can you do?

Try these tips for a good night’s sleep:
- Go to bed and get up at the same time each day
- Exercise 30 minutes a day (but not late in the day)
- Limit caffeine and alcohol, especially after 3 PM
- Have a quiet hour of talking, listening to music, or reading before bedtime (no TV, cell phone, computer)
- Sleep in a cool, dark room

See your doctor if you have a sleeping problem that won’t go away. A good night’s sleep is important for everyone.