Lifestyle Recommendations to Improve Brain Health and/or Lower Dementia Risk

Active and Healthy Lifestyle:
- 30 minutes a day of exercise that raises your heart rate and makes you breathe faster
- Follow a heart healthy diet
- Maintain a good weight
- Limit alcohol consumption
- Maintain a normal blood pressure
- Have regular checkups with your physician
- Keep stress, depression and anxiety levels low

Cognitive Activity:
- Make time for cognitively stimulating activities you have always enjoyed
- Add some new challenges
- Aim to engage in these activities several times/week
- Social interaction is a great way to stimulate the mind

Sleep Hygiene:
- Maintain a consistent bed and awake time
- Avoid napping or limit it to one consistent period earlier in the day
- Encourage daytime light exposure and keep sleep areas as dark as possible
- Avoid large meals, alcohol, caffeine and nicotine use close to bedtime
- Do vigorous exercise earlier in the day
- Keep bedroom quiet and a comfortable temperature

Lifestyle and environment are important determinants of a person’s risk of developing Alzheimer’s. Diet, exercise, stress, sleep and leisure activities cause changes in the brain that influence the likelihood that a person will develop Alzheimer’s.

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