



Sleep is the most underrated health habit.

Dr. Michael Roizen, Chief Wellness Officer, Cleveland Clinic

“Sleep deprivation negatively impacts our mood, our ability to focus, and our ability to access higher cognitive functions: the combination of these factors is what we generally refer to as mental performance.” - Division of Sleep Medicine, Harvard Medical School

For the sleep deprived, an extra hour of sleep can do more for daily happiness than a \$60,000 raise. - Science magazine

National Sleep Foundation: Adults need 7 – 9 hours/day, varying by individual.

Sleep deprivation associated with:

- Increased risk of drowsy driving
- Increase in body mass index – a greater likelihood of obesity to an increased appetite caused by sleep deprivation
- Increased risk of diabetes and heart problems
- Increased risk for psychiatric conditions including depression and substance abuse
- Decreased ability to pay attention, react to signals or remember new information
- Establish consistent sleep and wake schedules, even on weekends

Practice Good Sleep Hygiene

- Create regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music – begin an hour or more before the time you want to fall asleep
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool
- Sleep on a comfortable mattress and pillows
- Use your bedroom only for sleep and sex (keep "sleep stealers" out of the bedroom – avoid watching TV, using a computer or reading in bed)
- Finish eating at least 2-3 hours before your regular bedtime
- Avoid caffeine and alcohol products close to bedtime and give up smoking
- Exercise regularly

Of all sleep deprived Americans, working moms get the least sleep – 59%
In a national survey report sleep deprivation with 50% saying they get 6 hours of sleep or less.

