

Are you Getting Enough Sleep?

BY THE NUMBERS Just one more minute.

Sleep is something that's vital to keep our bodies working properly. Getting enough sleep at the right times and on a regular schedule helps you function better.

People who don't get enough sleep are less productive at work and school. They take longer to finish tasks, have slower reaction times, and make more mistakes.

Not getting enough sleep is also linked to chronic health problems later in life. Those include heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression.

More than **35 percent of adults** in the U.S. reported not getting enough rest or sleep every day.



Driver sleepiness is a factor in about 100,000 car accidents each year.

50-70 million Americans have ongoing sleep disorders.



How much sleep do we need?



Adults over the age of 18: **7-8 hours a day**



Teens ages 12-18: **8-10 hours a day**



Children ages 6-12: **9-12 hours a day**

SOURCES: National Heart, Lung, and Blood Institute: Sleep Deprivation and Deficiency; Centers for Disease Control and Prevention: Short Sleep Duration Among U.S. Adults; American Academy of Sleep Medicine: Sleep Recommendations