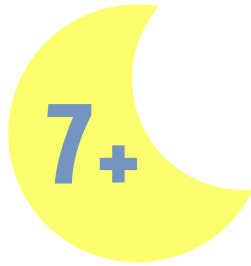


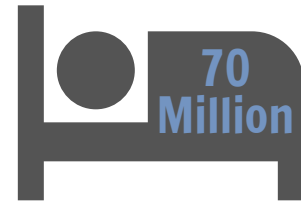
# Sleep Health



Adults need 7+ hours of sleep a night.



Adults don't get enough sleep.



Adults in the US have a sleep disorder.

Lack of sleep is linked to several chronic conditions, including:



Type 2 Diabetes



Weight Gain & Obesity



Heart Disease



Depression

Not getting enough sleep also contributes to motor vehicle crashes and machinery-related injuries, causing substantial injury and disability each year.

## Common Sleep Disorders

**Insomnia:** difficulty falling or staying asleep.

**Sleep Apnea:** a disorder that disrupts breathing during sleep.

**Restless Leg Syndrome:** overwhelming and unpleasant urges to move the legs while at rest.

**Parasomnias:** acting in unusual ways while falling asleep, sleeping, or waking from sleep, such as walking, talking, or eating.

**Narcolepsy:** a disorder caused by the brain's inability to regulate sleep normally.

## Symptoms



Difficulty falling or staying asleep



Excessive daytime sleepiness



Irritability or anxiety



Lack of concentration



Irregular breathing or movement during sleep

## Screening for Sleep Disorders

In order to get an official diagnosis, it is crucial to seek medical advice from a sleep physician if you are exhibiting any symptoms of a sleeping disorder. You can find a sleep facility near you at:

[www.sleepeducation.org/find-a-facility](http://www.sleepeducation.org/find-a-facility)

# Sleep Hygiene:

a variety of habits that are necessary to have good nighttime sleep quality and full daytime alertness.

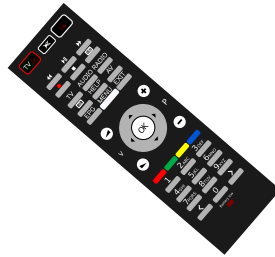
## What are signs of poor sleep hygiene?

Frequent **sleep disturbances** and **daytime sleepiness** are the most telling signs of poor sleep hygiene. In addition, if you are taking too long to fall asleep, you should consider evaluating your sleep routine and revising your bedtime habits. Just a few simple changes can make the difference between a good night's sleep and a night spent tossing and turning.

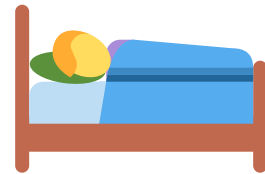
## How can I improve my sleep hygiene?



Be consistent. Go to bed and get up at the same time—including the weekends.



Turn off electronic devices, such as TVs, computers, and smart phones.



Limit daytime naps to 30 minutes a day.



Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.



Avoid large meals, caffeine, and alcohol 2-3 hours before bedtime.



Get some exercise. Being active during the day can help you fall asleep at night.

For more information, visit the American Academy of Sleep Medicine website at [www.sleepeducation.org](http://www.sleepeducation.org) or ask your benefit or wellness specialist what resources are available through your employer.