We say sleep is a top priority...

Multiple priorities compete for our time and attention. U.S. adults ranked the following from most important to least important:

1. Family
2. Sleep
3. Work
4. Nutrition/Diet
5. Exercise
6. Entertainment

... but we're binging instead

Percentage of U.S. adults who have lost sleep from staying up to:

- Watch multiple episodes of a TV show or streaming service: 88%
  - Including 95% of 18-to-44-year-olds
- Finish a book: 66%
  - Including 76% of women
- Watch sports: 60%
  - Including 75% of men
- Play video games: 50%
  - Including 59% of men

Feeling blue from binging

Twenty-four percent of U.S. adults admitted feeling blue or frustrated by missed bedtimes. For Generation Z, staying up past their bedtime causes them to feel frustrated (32%), worried (23%) and guilty (19%).

These feelings can compound the insufficient sleep problem, as negative thoughts about missing sleep might make it harder to fall asleep — especially when one tries to make up for the lost time.

Your health depends on healthy sleep.

Sleep is essential to health, well-being and safety. Chronic insufficient sleep can lead to an increased risk of health problems, mood disorders and motor vehicle accidents.

Beat the binge: Healthy sleep habits.

Keep a regular sleep schedule. | Shut off all electronic devices and don't read or watch TV in bed. | Make your bedroom quiet, dark and cool. | Begin rituals that help you relax each night before bed.

For more information on healthy sleep, go to www.SleepEducation.org