

LITTLE SLEEP, BIG COST

In the U.S. **3 in 10 working adults** sleep 6 hours or less in a 24-hour period.



Short sleep is more common in certain professions.

ALL SHIFTS



NIGHT SHIFTS



NIGHT SHIFT WORKERS ARE MOST LIKELY TO GET INSUFFICIENT SLEEP.

Sleeping six hours or less per night INCREASES RISK FOR:

Obesity by



21%

Stroke by



22%

Diabetes by



25%

Coronary heart disease by



35%

5 Warning Signs You Need Sleep

1

You start to doze off when you are driving

2

You are forgetful or make mistakes

3

You feel fatigued or lack energy

4

You are irritable, grouchy or lose your temper easily

5

You rely on caffeine to get through the day

Make it a priority to get at least **7 hours** of nightly sleep.

SLEEP WELL, BE WELL



Sources:
Journal Sleep: <http://bit.ly/1vnM3uN>
CDC: <http://1.usa.gov/10ILfw2>

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