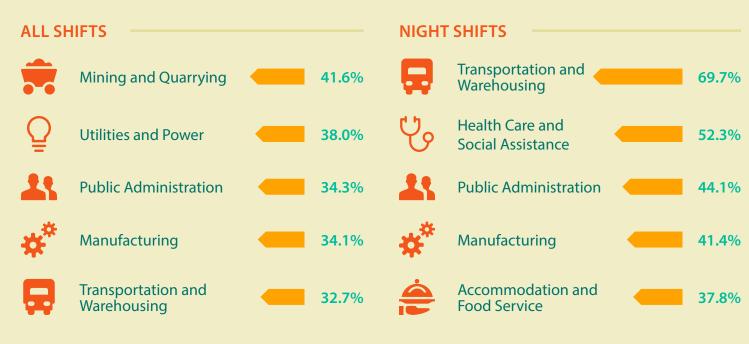
# LITTLE SLEEP, BIG COST

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.



**NIGHT SHIFT WORKERS ARE MOST LIKELY TO GET INSUFFICIENT SLEEP.** 

## Sleeping six hours or less per night **INCREASES RISK FOR:**



21%

Stroke by



22%

Diabetes by



25%

**Coronary heart** disease by



35%

## **5 Warning Signs You Need Sleep**



You start to doze off when you are driving



You are forgetful or make mistakes



You feel fatigued or lack energy



You are irritable, grouchy or lose your temper easily



You rely on caffeine to get through the day

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

# SLEEP WELL,



Journal Sleep: http://bit.ly/1vnM3uN CDC: http://1.usa.gov/10lLfw2

THIS INFOGRAPHIC WAS SUPPORTED BY THE COOPERATIVE AGREEMENT NUMBER 1U50DP004930-01 FROM THE CENTERS FROM DISEASE CONTROL AND PREVENTION (CDC). ITS CONTENTS ARE SOLELY THE RESPONSIBILITY OF THE AUTHORS AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF THE CDC.