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.

**ALLhifts**
- Mining and Quarrying: 41.6%
- Utilities and Power: 38.0%
- Public Administration: 34.3%
- Manufacturing: 34.1%
- Transportation and Warehousing: 32.7%

**NIGHThifts**
- Transportation and Warehousing: 69.7%
- Health Care and Social Assistance: 52.3%
- Public Administration: 44.1%
- Manufacturing: 41.4%
- Accommodation and Food Service: 37.8%

NIGHT SHIFT WORKERS ARE MOST LIKELY TO GET INSUFFICIENT SLEEP.

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.

Sources:
- CDC: http://1.usa.gov/10lLfw2

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