About **70 million Americans** suffer from a sleep problem, and nearly 60% have a chronic sleep disorder. Our nation’s sleep problem is so widespread that the CDC has called insufficient sleep “a public health problem.”

At least **25 million** adults have obstructive sleep apnea - about the same as the population of Texas. About **7 in 10 people** with Type 2 diabetes also have obstructive sleep apnea.

Insomnia causes an estimated **$63.2 billion** in annual losses in work performance. **Drowsy driving causes more than 300,000** motor vehicle accidents each year.

**In a nation where millions of people are struggling to sleep well at night and stay awake during the day, the need for sleep specialists has never been greater.**

**7,500 specialists**  **2,500 centers**

Sleep medicine expertise is available across America from about 7,500 board-certified sleep specialists and more than 2,500 AASM-accredited sleep centers.

www.sleepeducation.org