

SLEEP AND YOUR HEALTH

1 in 3 adults don't get enough sleep. Learn how to build a healthy sleep routine to boost your mental and physical well-being and lower your risk of illness.

Most adults need



7 TO 9 HOURS

of sleep each night. Kids and teens often need more.



Sleep Benefits

- Stronger immune system
- Increased creativity and productivity
- Better memory and alertness
- Quicker reflexes
- Lower risk of chronic disease

Poor sleep habits may increase your risk for....

- Alzheimer's Disease
- Cardiovascular disease
- Cognitive decline
- Depression
- Diabetes
- High Blood Pressure



How Can You Get Better Sleep?

- **Stay consistent**, go to bed and wake up at the same time every day
- **Avoid large meals** a few hours before sleeping
- **Regular physical activity** can promote better sleep

When to Contact Your Doctor

Occasional sleepless nights happen to most people. However, if you are having consistent trouble sleeping, contact your health care provider to determine the cause and establish a treatment plan.

