

LACK OF SLEEP

The Next Public Health Crisis

The Centers for Disease Control (CDC) monitors, assesses, tracks, and reports on public health hazards. You might think this just means things like a flu outbreak or the West Nile Virus. However, increasingly data from the CDC points to a growing threat from an unlikely source: a lack of sleep. Most people take sleep for granted.

Here is why that may be a big mistake.



LACK OF SLEEP DANGERS



Sleep has been increasingly recognized as important to public health.

Sleep insufficiency has been linked to:

Motor vehicle crashes

The National Department of Transportation estimates drowsy driving to be responsible for **1,550** fatalities and **40,000** nonfatal injuries annually in the United States.



Industrial disasters



Medical and other occupational errors

THESE HAZARDOUS OUTCOMES ARE CAUSED BY



Unintentionally falling asleep

37.9% of people report unintentionally falling asleep during the day in the last month.



Nodding off while driving

4.7% of people report nodding off or falling asleep while driving in last month.



Difficulty performing daily tasks because of sleepiness

Adults who report sleeping less than the recommended 7-9 hours per night are more likely to have difficulty performing many daily tasks.

Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as:



Hypertension



Diabetes



Depression



Obesity



Cancer

AMERICAN'S LACK OF Z's

35.3%

of people get less than 7 hours of sleep during a typical 24-hour period

30%

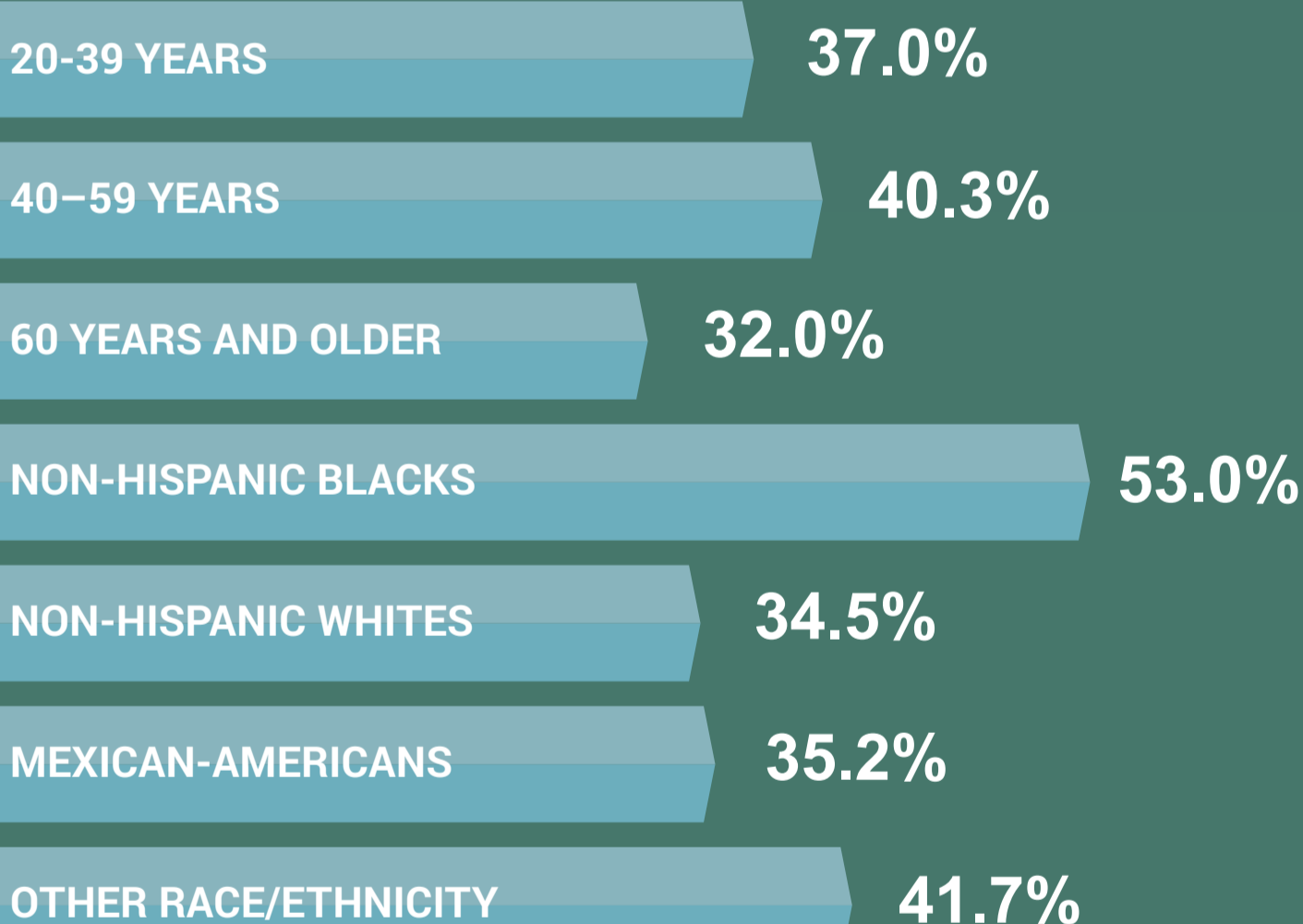
of adults report an average of 6 hours of sleep or less per day

ONLY 31%

of high school students report getting at least 8 hours of sleep on an average school night



A SHORT SLEEP DURATION IS COMMON AMONG ADULTS



LACK OF SLEEP CAUSES



Sleep insufficiency may be caused by broad scale societal factors such as:

- o Round-the-clock access to technology
- o Changing work schedules



Sleep disorders also play an important role in sleep insufficiency.

THESE INCLUDE

Insomnia

An estimated **50-70 million** US adults have sleep or wakefulness disorder

Obstructive sleep apnea

Snoring is a major indicator of obstructive sleep apnea.

48% of people snore

HOW MUCH SLEEP DO WE NEED?

Sleep needs vary between individuals and generally changes as we age.

The National Institutes of Health suggests that

School-age children need at least **10 hours** of sleep daily

Teens need **9-10 hours**

Adults need **7-8 hours**



A lack of sleep can be very detrimental but still extremely prevalent. It is quickly becoming a public health crisis. So what do we do?

Check out Zesty Sleep's 10 simple tips for a better night's sleep!

SOURCES:

<http://www.cdc.gov/sleep/index.html>
<http://www.cdc.gov/features/dssleep/>
<http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>
<http://www.ncbi.nlm.nih.gov/pubmed/20669438>
<http://www.cdc.gov/mmwr/PDF/wk/mm6008.pdf>
http://www.cdc.gov/nchs/data/series/sr_10/sr10_245.pdf
http://www.nhtsa.gov/people/injury/drowsy_driving1/Drowsy.html#NCSDR/NHTSA

Zesty Sleep

www.zestysleep.com