



# INVEST IN YOUR REST

Sleep is **ESSENTIAL** to our health & well-being.

Millions of people are **deprived** of sleep – *sometimes over a period of years.*

“Sleep deprivation is a public health concern.

Insufficient sleep is linked to motor vehicle crashes, industrial disasters, medical and other occupational errors.”

*Centers for Disease Control and Prevention*

More than **40M** Americans suffer from **70** sleep disorders.

**60%** of adults report weekly sleep problems; many go untreated.

**40%** report daytime sleepiness that interferes with daily activities.

**69%** of children experience sleep problems a few nights a week.

Groups susceptible to sleep deprivation:

- Night shift workers
- Doctors/medical staff
- Truck drivers
- Parents
- Teenagers

A lack of sleep negatively affects our **brain, immune system, hormones, heart, muscles, vision, and even our appetite!**



Limit or eliminate alcohol, caffeine, sugar, nicotine – all disrupt sleep

Interrupted digestion = interrupted sleep--avoid heavy, spicy, sugary foods **4 hours** before you need to snooze ☆ Invest in a comfortable bed ☆ Create a calm, cool, clean, decluttered sleep zone.

Many online resources can help you understand sleep deprivation and ways to reduce it. Here is one: <https://www.powerofpositivity.com/sleep-deprivation-symptoms-heal/>