50-70 MILLION U.S. ADULTS
HAVE A SLEEP DISORDER

- 37% reported unintentionally falling asleep during the day at least once a month
- 35% report their sleep quality as “poor” or “only fair”
- 20% report they did not wake up feeling refreshed on any of the past seven days
- 35% sleep fewer than six hours a night

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BETTER SLEEP METHODS

1. Avoid eating a large meal 3 hours before bed
2. Aim for 7-9 hours of sleep and regulate sleep/wake times
3. Get natural sunlight during the day and reduce artificial light at night
4. Keep your bedroom cool, dark, and quiet at night
5. Keep moving - avoid being sedentary and avoid intense exercise 3 hours before bed

National Health Interview Survey