

REST

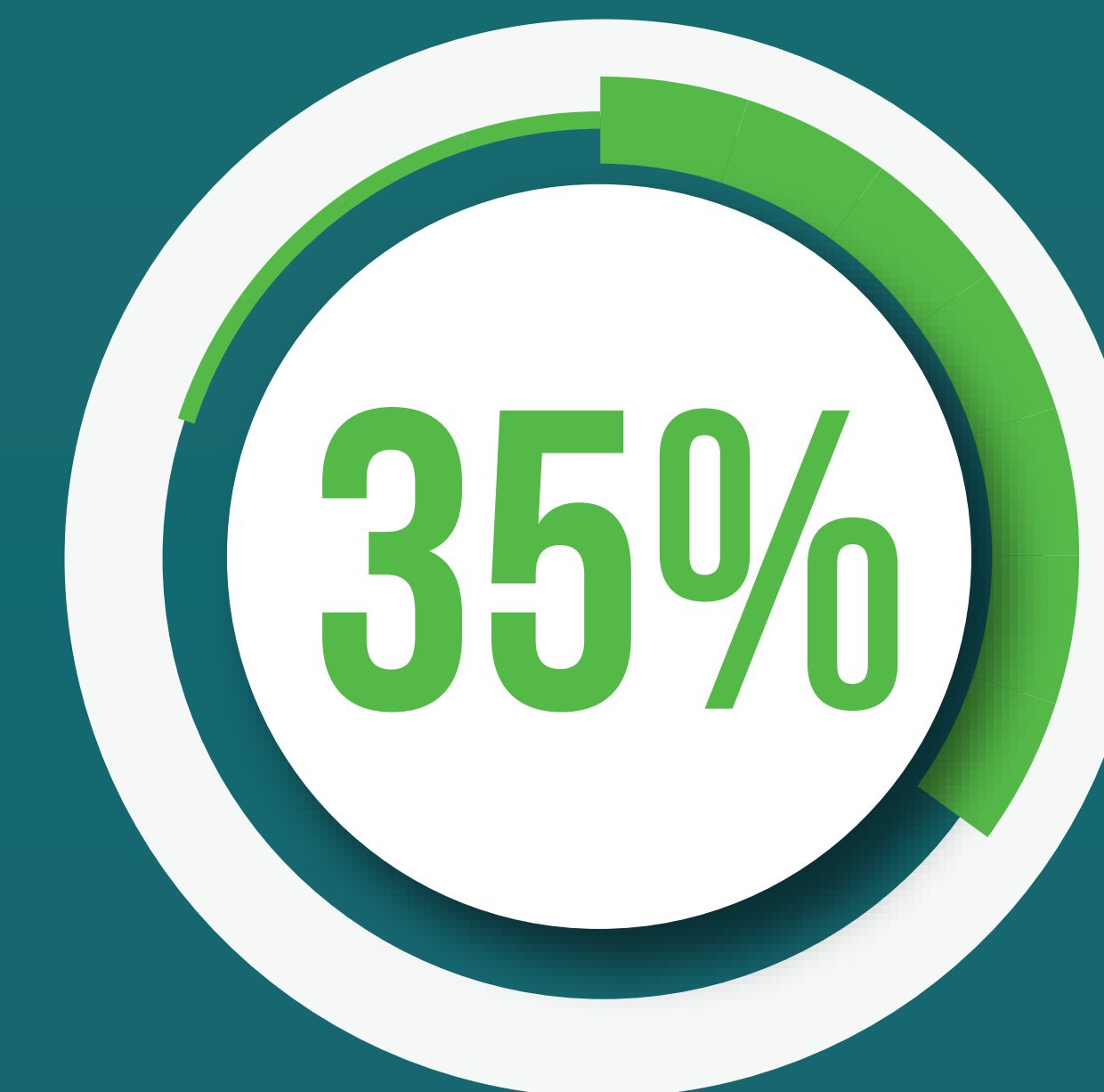


DID YOU KNOW?

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



reported unintentionally falling asleep during the day at least once a month



report their sleep quality as "poor" or "only fair"



report they did not wake up feeling refreshed on any of the past seven days



sleep fewer than six hours a night

National Health Interview Survey

BETTER SLEEP METHODS

1 Avoid eating a large meal 3 hours before bed

Aim for 7-9 hours of sleep and regulate sleep/wake times

2

3 Get natural sunlight during the day and reduce artificial light at night

Keep your bedroom cool, dark, and quiet at night

4

5 Keep moving - avoid being sedentary and avoid intense exercise 3 hours before bed