

DO YOU GET ENOUGH SLEEP?



1 IN 3

Adults don't get enough sleep.

Adults need 7+ hours of sleep per night.

7 OR MORE



Lack of sleep is linked to several chronic diseases and conditions, including:



DIABETES



HEART DISEASE



OBESITY



DEPRESSION

Tips for Good Sleep



Go to bed and get up at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals, caffeine, and alcohol before bedtime.



Being active during the day can help you fall asleep at night.

Learn more about good sleep habits at www.cdc.gov/sleep