



SLEEP OR DIE



NOT GETTING THE RIGHT AMOUNT OF SLEEP EACH NIGHT CAN HAVE SERIOUS HEALTH RISKS AND CAN LEAVE LONG-LASTING EFFECTS ON YOUR BODY AND MIND.

HEALTH RISKS OF NOT SLEEPING



7-9 HRS

THE RECOMMENDED AMOUNT; IMPROVES HEALTH AND DAILY ALERTNESS

5-7 HRS

THE AVERAGE AMOUNT THAT AMERICAN ADULTS SLEEP EACH NIGHT

0-5 HRS

PUTS YOU AT HIGH RISK FOR A NUMBER OF HEALTH PROBLEMS:

2.5X HIGHER RISK FOR DIABETES



45% HIGHER RISK FOR HEART ATTACK

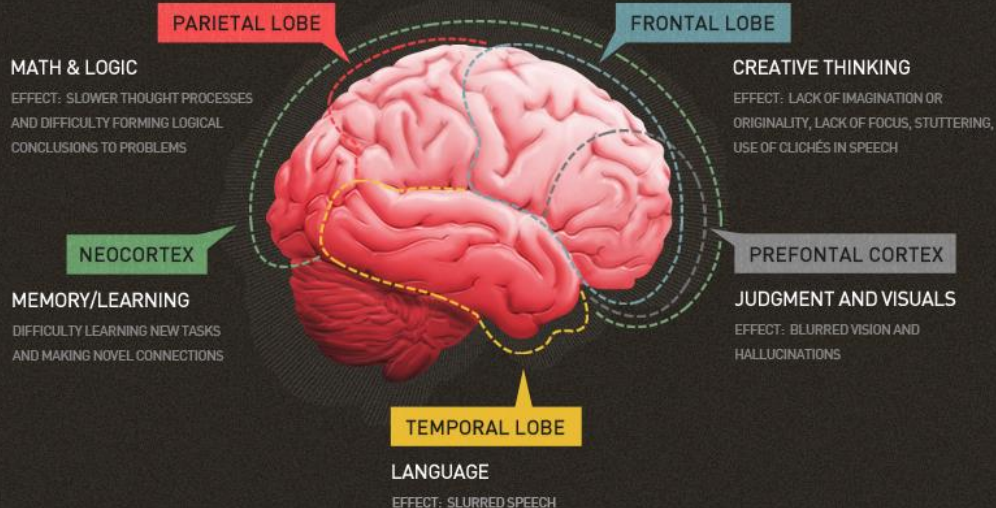


12% HIGHER RISK OF DEATH UNDER ANY CIRCUMSTANCE



INSOMNIA ON THE BRAIN

LACK OF SLEEP CAUSES PARTS OF YOUR BRAIN TO SLOW OR SHUT DOWN COMPLETELY.



YOUR BODY WITHOUT SLEEP

INCREASED HUNGER FOR SALTY, FATTY FOODS.

LACK OF SLEEP ACTIVATES YOUR BODY'S SNS SYSTEM (FIGHT OR FLIGHT RESPONSE) CAUSING IT TO **STORE FAT RESERVES** AND RELEASE HORMONES THAT **KEEP YOU FROM WINDING DOWN AT NIGHT.**

- ▶ **LESS THAN 7 HOURS OF SLEEP = WEIGHT GAIN**
- ▶ **REDUCED LEPTIN PRODUCTION = INCREASED APPETITE**



DRIVING ON FUMES.

IN DRIVING TESTS, ADULTS WHO HAD BEEN AWAKE FOR LONG PERIODS OF TIME **PERFORMED ON PAR WITH DRIVERS WHO HAD CONSUMED ALCOHOL.**

- ▶ **17-19 HRS WITHOUT SLEEP = .05 BAL**
- ▶ **21 HRS WITHOUT SLEEP = .08 BAL - LEGALLY DRUNK**



HOW TO GET BETTER SLEEP

ESTABLISHING A REGULAR NIGHTLY PATTERN WILL HELP YOU GET BETTER SLEEP AND IMPROVE YOUR HEALTH.



RECOMMENDED 7 HRS OF SLEEP

60 MIN WINDOW

ESTABLISH NATURAL RHYTHMS

GO TO BED AND WAKE UP WITHIN THE SAME 60 MIN. WINDOWS EVERYDAY TO ESTABLISH NATURAL CIRCADIAN RHYTHMS.

60 MINS BEFORE BED

TURN OFF DISTRACTIONS

TURN OFF THE TV AND COMPUTER, TURN DOWN THE LIGHTS AND LISTEN TO SOOTHING MUSIC OR READ A BOOK FOR PLEASURE.

90 MINS BEFORE BED

TAKE A BATH

HEATING UP YOUR BODY FOLLOWED BY SLOW COOLING CAUSES RELAXATION AND DROWSINESS.

NO STIMULANTS

EVEN IF YOU CAN FALL ASLEEP AFTER DRINKING A RED BULL, STIMULANTS INTERFERE WITH MELATONIN PRODUCTION, WHICH RESULTS IN LOW QUALITY SLEEP AND MORNING SLUGGISHNESS.

TURN OFF YOUR BRAIN

STAY AWAY FROM WORK-RELATED ACTIVITIES, EXERCISE, OR ENTERTAINMENT THAT OVEREXCITES YOUR BRAIN, LIKE HORROR MOVIES, FOR AN HOUR BEFORE BEDTIME.

LOSE WEIGHT

NOT ONLY DO RATES OF OBESITY INCREASE WITH LESS SLEEP, SO DOES THE RISK FOR ADVERSE SIDE-EFFECTS LIKE SLEEP APNEA AND HYPERTENSION.