

# Not getting enough sleep?

You can catch up!

**Lost sleep can add up.** The average adult should be getting at least seven hours of continuous sleep. For every hour below this number, you're collecting sleep debt. And you're not alone.

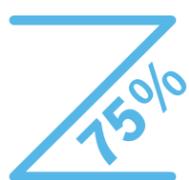
## Among American adults:



say they're not getting enough sleep.



say they are so tired during the day, it interferes with their normal activities.



experience at least one symptom of a sleep disorder a few nights a week or more.

**It can take up to four hours of makeup sleep to recover from one hour of missed shut-eye.** So it's important to stop sleep debt in its tracks. Left alone, it can lead to long-term problems like:

- Weight gain
- High blood pressure
- Adult onset diabetes from high blood sugar
- Heart disease and stroke
- A weakened immune system
- An increased risk for accidents at work or behind the wheel
- Mental health issues

**But, with some lifestyle changes, you can reverse it.**

- **Start with a bedtime routine** where you go to sleep and wake up around the same time every day.
- **Make sure your sleep space is comfortable** — from the mattress and bedding to lighting, sound and room temperature.
- **Don't bring work, technology or other distracting activities** into the bedroom.
- **Finish meals and workouts** 2 to 3 hours before bedtime.
- **Avoid caffeine, nicotine and alcohol** close to bedtime.

**You've had one, maybe two late nights and are feeling it. Get your groove back by:**

- Bumping up your bedtime by an hour or two the next few nights.
- Waking up a little later for a few mornings.
- Taking an afternoon nap. Depending on your need, a 20-minute power nap or 60- to 90-minute nap works best.

**Sleep is a way to restore and re-energize your body and mind.** At some point, everyone runs into a tough night and that's okay. Just rest easy and try to get back to your sleep routine the next night.