



# THE WAKING DEAD

## Dangers of Sleep Deprivation

More than 70 million Americans suffer from one or more of the 85 sleep disorders recognized by the American Sleep Disorders Association. What is the cost of our restless nights?

REDUCING SLEEP BY  
**90 MINUTES**  
FOR JUST ONE NIGHT CAN REDUCE  
DAYTIME ALERTNESS BY UP TO  
**32%**



### LATE NIGHT AFTERMATH

Sleep deprivation plays a major role in a variety of conditions and illnesses.

- Decreased alertness
- Cognitive impairment
- Increased stress
- Increased appetite

UNTREATED SLEEP DISORDERS CAN HAVE LONG-TERM EFFECTS.



High blood pressure



Heart failure



Stroke



Obesity

### DROWSY DRIVING

The National Highway Traffic Safety Administration (NHTSA) estimates that, each year, drowsy driving is responsible for at least:



100,000

Automobile crashes



71,000

Injuries



1,550

Fatalities

### COGNITIVE IMPAIRMENT



Awake for 18 hours

Awake for 24 hours

similar to blood alcohol content of

0.05%

0.10%\*



\*higher than the legal limit in all states

2009-2010 study of 150,000 adults:

**4.2%**

SAID THEY'D FALLEN ASLEEP WHILE DRIVING AT LEAST ONCE IN THE LAST 30 DAYS.



### SLEEP RECOMMENDATIONS

By age group

Newborns	16-18 hours/day
Pre-schoolers	11-12 hours/day
School-aged children	At least 10 hours/day
Teens	9-10 hours/day
Adults/Elderly	7-8 hours/day

MORTALITY RISK IS INCREASED FOR PEOPLE GETTING LESS THAN SIX OR SEVEN HOURS OF SLEEP PER NIGHT. SEVERE INSOMNIA TRIPLES THE MORTALITY RISK IN ELDERLY MEN.



**31%**

of high school students get an average of 8 hours or less of sleep each night.

**29%**

of adults get an average of 6 hours or less of sleep each night.

**\$18 BILLION**

Est. cost to U.S. employers in lost productivity caused by sleep loss.

PEOPLE WITH INSOMNIA ARE...  
10 times as likely to develop depression  
17 times as likely to have significant anxiety



### SLEEP RECOVERY

Sometimes sleep disorders can be corrected by lifestyle changes such as:

- Getting more exercise
- Reducing stress
- Cutting back on alcohol, nicotine and caffeine
- Hanging medications that are causing sleeplessness

Other sleep disorders require testing and diagnosis through a sleep study.



More serious sleep disorders like sleep apnea, narcolepsy and restless leg syndrome are treatable but require a physician's care, medication and sometimes a CPAP (continuous positive airway pressure) device to keep the airways open during sleep.

Natural treatments for sleep include:

- Chamomile tea
- Melatonin
- Valerian
- Kava

Be sure to tell your doctor if you are trying any of these sleep aids to be sure they won't interact with any of your other medications.

### SLEEP EXPERTS RECOMMEND "GOOD SLEEP HYGIENE" ON A CONSISTENT BASIS TO MAXIMIZE YOUR RESTFULNESS

- Sticking to a regular sleep schedule
- Avoiding naps
- Avoiding stressful activities and strenuous exercise at least two hours before bed
- Practicing relaxation techniques such as yoga, meditation and deep breathing before bedtime
- Creating a restful environment that is dark, comfortable and quiet



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