

Are you getting enough sleep?

Most healthy adults need 7 to 8 hours a night.

About 10 percent of U.S. adults aren't getting enough sleep—and you may be one of them.

Data from a U.S. Centers for Disease Control and Prevention (CDC) study shows that nationwide between 50 and 70 million people aren't getting more than six hours of sleep, an amount many sleep experts consider too low.

No sleep, poor health

The amount of sleep needed by individuals differs, just like many other things. But, on average, people who are chronically tired are at risk for health problems such as obesity and depression, and risky behaviors such as smoking, drinking and physical inactivity.

The key to knowing whether or not you're getting enough sleep is straightforward:

- Do you wake refreshed?
- Do you feel drowsy at work?
- Do you feel irritated or grouchy?
- Do you have a hard time concentrating on tasks?

These are just a few of the symptoms that can crop up when you're not getting enough sleep.

What's keeping you up at night?

If you think you're not getting enough sleep, the first step is to identify the problem. In some cases, there's a simple fix. For others, you should contact your doctor.

Enemies to good sleep include:

- Late-night TV, the Internet and video games
- Noise, light and uncomfortable temperatures
- Caffeine, nicotine and alcohol
- Irregular sleep schedules
- Uncomfortable bedding



A new study released by the U.S. Centers for Disease Control and Prevention shows about 10 percent of adults don't get enough sleep to stay healthy and happy.





Call your doctor if you:

- Have chronic snoring problems
- Have chronic insomnia (difficulty falling asleep, difficulty staying asleep or waking too early in the morning)
- Have been told you stop breathing or gasp for breath while asleep
- Find yourself dozing during work
- Wake feeling tired and not refreshed

Your doctor will be able to help determine if any of these problems is related to an underlying illness, such as sleep apnea, and help get you treatment.

Good sleep tips from the experts

Ensuring you and your family get a good night's sleep is easier to achieve if you:

- Maintain a regular bedtime and wake time, even on weekends
- Establish a relaxing bedtime routine
- Create a cool, safe, quiet and dark bedroom
- Sleep on a comfortable mattress and pillow
- Use your bedroom only for sleep and sex
- Don't eat or drink too close to bedtime
- Exercise regularly, but not too close to bedtime
- Avoid tobacco, caffeine and alcohol close to bedtime



Kids and sleep

Adults aren't the only ones losing sleep. Kids, too, are missing out. One of the biggest threats to kids' sleep is what the National Sleep Foundation calls the "Electronic Sandman."

A Kaiser Family Foundation survey done in 2000 found that one quarter of kids ages kindergarten to fourth grade had televisions in their rooms. Since then, the growth of cell phone use in kids—along with texting—and computer/Internet use has taken off. These are all stimulating activities which can rob kids of their sleep. If the Electronic Sandman has taken control of your child's sleep, here are some tips from the National Sleep Foundation:

- Don't put a TV in your child's bedroom
- Create a homework zone outside your child's bedroom
- Don't make TV or Internet use part of your child's bedtime routine
- If all else fails, take the TV, computer or other devices out of your child's bedroom

HEALTHMEDIA® PROGRAM HELPS YOU SLEEP

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