

## Recharge with the Power of Sleep

### All About the Zzz's...

Getting quality sleep at night can help protect your mental and physical health, quality of life, and safety. About **50 to 70 million Americans** have sleep disorders, and **1 in 3 adults** do not regularly get the recommended amount of uninterrupted sleep they need to protect their health. On average, adults should shoot for **seven to nine hours** of sleep each night, with kids and teens ranging from **nine to twelve**. If you make it a priority, your body will reap the benefits of sleep.

### BENEFITS OF GOOD SLEEP

#### A HEALTHY HEART

Sleeping less than 7-8 hours per night is linked to an increased risk of heart disease and stroke.

#### REDUCED RISK OF DEPRESSION

Proper sleep can help maintain proper serotonin levels in the body.

#### IMPROVED MEMORY

Sleep is vital to memory consolidation—the process of stabilizing our memories.

#### LESS STRESS

Sleep is a powerful stress-reliever.

#### STRONGER IMMUNE SYSTEM

At least 8 hours of sleep can improve your immune function and help fight the common cold.

#### WEIGHT CONTROL

People who sleep fewer hours at night are more likely to be overweight or obese.

#### REDUCED INFLAMMATION

Poor sleep has been strongly linked to long-term inflammation of the digestive tract.



SOURCES: Heart.org, Healthline, VeryWell Health, Mayo Clinic