



Do You Get Enough Sleep?



1 in 3

Adults don't get enough sleep.

Adults need 7+ hours of sleep a night.

7

OR MORE



Lack of sleep is linked to several chronic diseases and conditions, including:



TYPE 2 DIABETES



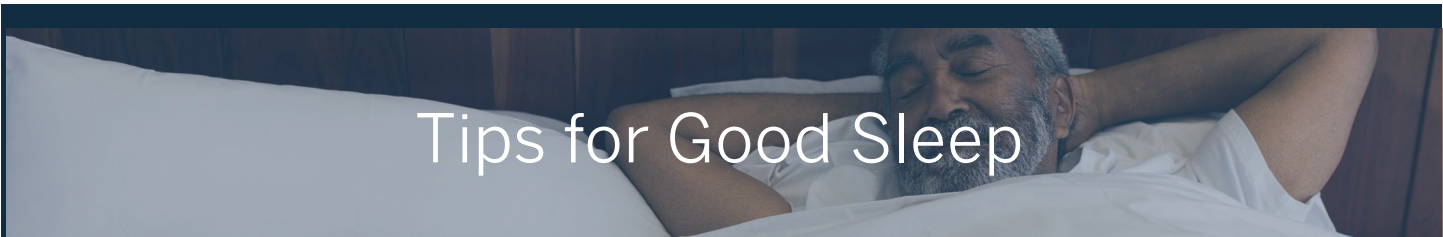
HEART DISEASE



OBESITY



DEPRESSION



Go to bed and get up at the same time each day, including weekends.



Keep the bedroom quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals, caffeine, and alcohol before bedtime.



Be active during the day to help you fall asleep at night.

Learn more about good sleep habits at www.cdc.gov/sleep.

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