



A MINUTE OF HEALTH WITH CDC

Hit the Sack

Short Sleep Duration Among Workers — United States, 2010

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This program is presented by the Centers for Disease Control and Prevention.

If you feel tired and struggle to make it through the work day, you might not be getting enough rest. Healthy adults require seven to nine hours of sleep a day. However, a recent survey found that almost one third of US workers get six hours or less. Insufficient sleep is linked to vehicle crashes, work place injuries, and decreased work productivity. It has also been associated with adverse health conditions, such as heart disease, obesity, diabetes, and depression. If lack of sleep is impacting your life, talk to your health care provider about some strategies for getting more rest.

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