

## **Sleep Debt PSA (:30)**

Credit card debt. Mortgage debt. Loan debt. It's overwhelming! Sleep debt is another serious form of personal debt, and it grows when you don't sleep well or long enough. Insufficient sleep can lead to poor health and reduced quality of life. Fortunately, sleep debt is easy to pay off by taking a few simple steps.

For information that truck drivers and companies can use to prevent sleep debt, visit [www.healthysleepfortruckers.org](http://www.healthysleepfortruckers.org).

A message from CDC.