



## **A MINUTE OF HEALTH WITH CDC**

### *Rest Easy*

*National Sleep Awareness Week — March 5–11*

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

Getting enough rest is as important as diet and exercise for good health. However, more than one third of adults in the US report getting less than the recommended seven to nine hours of sleep each day.

Insufficient rest can be associated with health problems, such as increased anxiety, symptoms of depression, and weight gain. Lack of sleep can also hinder your work performance and cause you to doze off while driving.

Good sleep habits include a cool, quiet sleep environment; going to bed and getting up at the same time every day; and avoiding alcohol and exercise close to bedtime.

If you're having trouble sleeping, talk to your health care provider.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*