



A MINUTE OF HEALTH WITH CDC

Rest Easy

Sleep Awareness Week, April 23-29, 2017

Recorded: April 18, 2017; posted: April 20, 2017

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

The amount of sleep we need each day depends on our age. Sufficient sleep is critical for maintaining good health. Adults need at least seven hours a day, while teens need between eight and 10. Children who get less than the recommended amount of sleep are more likely to have behavior and learning problems. In adults, not getting enough sleep can result in lost productivity at work and increased risk for injury. Everyone is at increased risk for obesity, diabetes, and depression. You can improve your chances for a good night's sleep by making sleep a priority. Stick to a consistent sleep schedule and create a cool, quiet, relaxing environment.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.