



A MINUTE OF HEALTH WITH CDC

Don't be a Night Owl

Perceived Insufficient Rest or Sleep Among U.S. Adults — United States, 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

If you're having trouble sleeping, rest assured you're not alone. Recent studies indicate that nearly one in three adults in the U.S. reported getting less than seven hours of sleep per night, and approximately 50 to 70 million Americans suffer from chronic sleep disorders.

Insufficient sleep is associated with several physical and mental problems, such as heart disease, obesity, and depression. Inability to sleep can affect a person's productivity, both at work and at home and can lead to injuries and even death.

If you are often having problems getting enough rest, consult your physician before a lack of sleep results in more serious health issues.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.