

Staying out of SLEEP DEBT



Parents of young children, college students, and professionals logging long hours are all familiar with sleep deprivation. But if you're reaching for an extra cup of coffee to make up for your missing hours of sleep, you may be putting yourself in danger of greater health risks.

Sleep debt toll Lack of sleep over an extended period of time can have prolonged consequences on the entire body. Logging only four to six hours of sleep over a five-day period results in the same cognitive and physical delays as a night without any sleep. As you tally up the number of nights of inadequate sleep, the more difficult it becomes to recover.

Adults 18 and older should get 7 to 8.5 hours of sleep each night, and adolescents (10 to 17 years) are recommended to get a minimum of 9 hours of sleep each night. Although some interruptions are unavoidable, it is possible to make small changes that can have a big impact on achieving a full night's sleep.

Sleep deprivation can:

- Cause a slow reaction time
- Weaken the immune system
- Impair attentiveness
- Increase the risk of developing obesity, heart disease, stroke, and diabetes

▼ CATCH SOME ZZZ'S

Call 1-844-802-9410 to make an appointment with a sleep specialist. If you are struggling to get the recommended amount of sleep, or still feel tired after getting a night's rest, an underlying medical condition could be the cause. Take our online quiz at ketteringhealth.org/sleep

4 tips for a sweeter night's sleep

- 1 ADD 20.** If you're not clocking the recommended number of Zzz's per night, going to bed just 20 minutes earlier can help. Move your bedtime up in 20-minute increments until you've reached at least 7 hours.
- 2 AVOID CAFFEINE AND STIMULANTS LATE IN THE DAY.** Make a conscious effort not to consume caffeine after noon. Coffee, soda, chocolate, and even smoking, can affect your sleep.
- 3 KEEP THE SMARTPHONE OUT OF THE BEDROOM.** Scrolling through your phone right before bedtime can hurt your quality of sleep. Leave your phone in a separate room for fewer interruptions at night. The same goes for other electronics. Avoid the bright light stimulation of TV screens, computers, tablets, and game consoles before bed.
- 4 KEEP BEDROOMS COOL, QUIET, AND DARK.** Block outside light with curtains, but make sure you're able to let the light in as soon as you wake up.