American Heart Association.
Healthy for Good™

sleep and

Its Effects on Health

1 in 3 adults get too little sleep.

How much sleep is enough?



Most adults need 7-9 hours nightly. Children and teens need more. Yet high schoolers average only 6.5 hours on school nights, and about 20% sleep for 5 hours or less!

Poor sleep may increase your health risks, including:

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- Elevated blood pressure
- Elevated blood sugar
- Elevated cholesterol
- Infections
- Obesity

Poor sleep may lead to:

- Accidents
- Breathing difficulties
- Hormonal imbalance
- Problems with memory and cognition
- Greater appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

The benefits of good sleep

- Repair and healing of cells, tissues and blood vessels
- Stronger immune defenses
- Greater creativity and productivity
- Better mood and more energy
- Improved alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- Healthy development and growth in children and teens
- Improved ability to build muscle
- Faster reflexes
- Lower risk of chronic disease

Keep in mind:

7-9 hours help you feel well,

so make time for sleep!

Find out more at **heart.org/Sleep**

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