

How Much Do You Know About Sleep?



Sleep is important for overall well-being because it affects how we function every day. But there's so much more to sleep than just the number of hours you get at night.

Take a look at the interesting facts about sleep below – which of these facts have you experienced or heard about?

Sleep Disorders

Insomnia means that you have trouble falling or staying asleep, which makes it difficult to function during the day. But did you know there are other sleep disorders that many people struggle with, besides insomnia?

Here are some examples

- **Narcolepsy:** Uncontrollable episodes of falling asleep throughout the day
- **Sleepwalking:** Walking or other activity while still asleep
- **Sleep paralysis:** Feeling as though you are conscious but you are unable to speak or move your body, since your body is still paralyzed from sleep

The good news is that all of these are treatable!



Did you know...

- **Getting enough sleep** not only helps you to feel energized the next day, but it also **helps to improve your memory and boost your immune system.**
- **Most adults need 6 to 9 hours of sleep per night.** Getting under 6 hours or more than 9 hours may suggest that you have bad sleep habits or a possible sleep disorder that should be investigated further.
- **Alcohol can disrupt your normal sleep cycle.** After the alcohol wears off, you will often sleep lighter and wake up more easily.
- **For every one- to two-hour time change, it takes your body one day to adjust.** A trip from New York to China will take your body 6-12 days to adjust.
- **Traffic accidents related to sleep deprivation are most likely to happen in the early to mid-afternoon,** and in the very early morning hours.
 - And if you're thinking that turning up the radio, opening the window or turning on the air conditioner will help, these things won't work to keep you awake when you are sleepy.
- Sleeping in on the weekends can make it harder to fall asleep Sunday night and during the week. The best solution to this is to **try to keep the same bedtime and wake-up time throughout the week.**

