

# Why Is Getting Enough Sleep Important?



## Getting enough sleep has many benefits. It can help you:

- Lower your risk for serious health problems, like diabetes and heart disease.
- Improve your immune system.
- Stay at a healthy weight.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and at work.
- Get along better with people.
- Make good decisions and avoid injuries—for example, drowsy drivers cause thousands of car accidents every year.

## How much sleep do I need?

Most adults need seven or more hours of good-quality sleep on a consistent schedule each night. But getting enough sleep isn't only about total hours of sleep. It is also important to get good-quality sleep on a consistent schedule, so you feel rested when you wake up.

## Why can't I fall asleep?

Many things can make it harder for you to sleep, including:

- Stress or anxiety.
- Pain.
- Certain health conditions, like heartburn or asthma.
- Some medicines.
- Caffeine (usually from coffee, tea, and soda).
- Alcohol and other drugs.
- Untreated sleep disorders, like sleep apnea or insomnia.

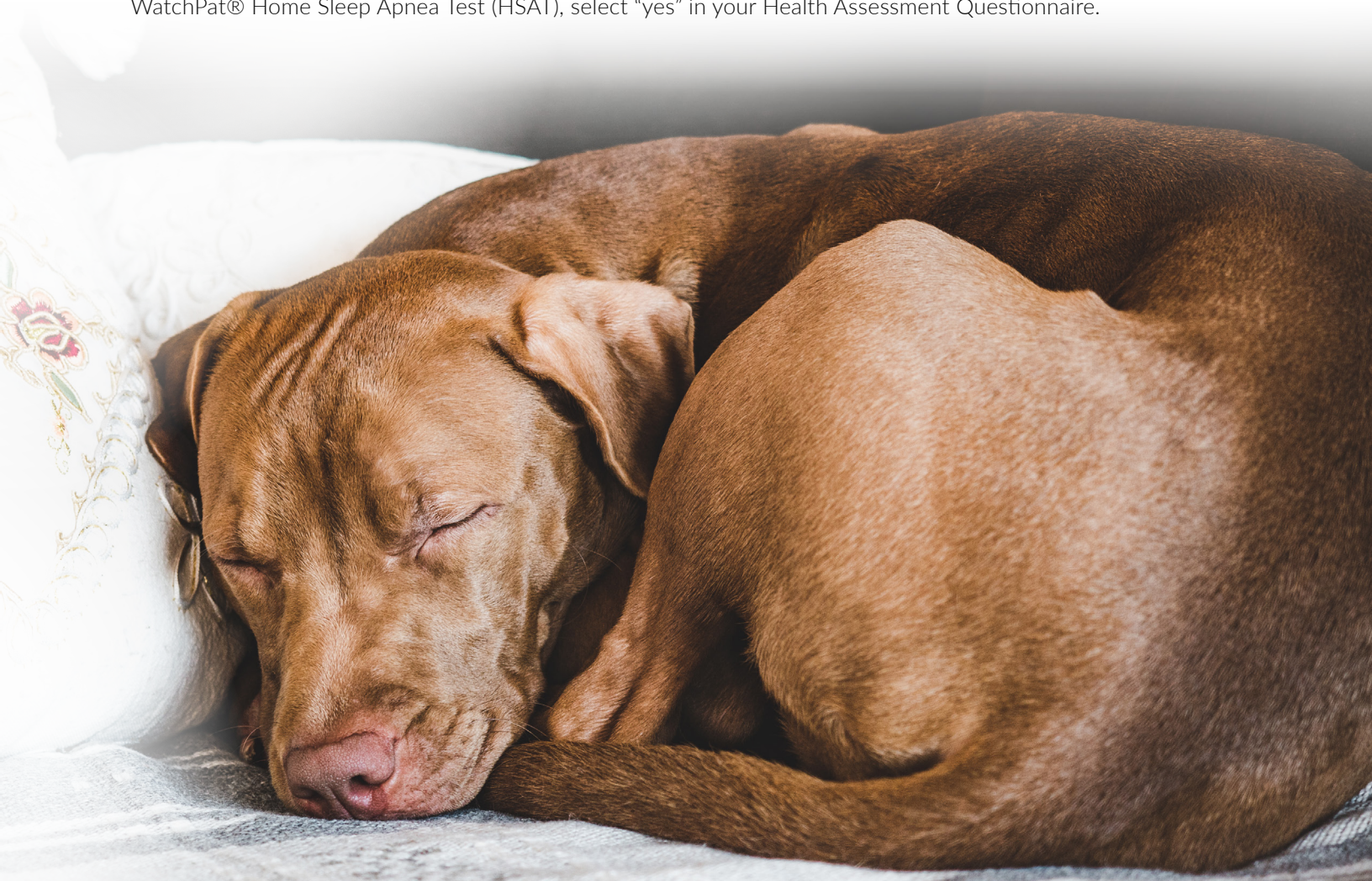
## How can I tell if I have a sleep disorder?

Sleep disorders can cause many different problems. Keep in mind that it's normal to have trouble sleeping every now and then. People with sleep disorders generally experience one or more of these problems below on a regular basis.

### Common signs of sleep disorders include:

- Trouble falling or staying asleep.
- Still feeling tired after a good night's sleep.
- Sleepiness during the day that makes it difficult to do everyday activities, like driving or concentrating at work.
- Frequent loud snoring.
- Pauses in breathing or gasping while sleeping.
- Tingling or crawling feelings in your legs or arms at night that feel better when you move or massage the area.
- Feeling like it's hard to move when you first wake up.

If you have any of these signs, you may be at risk for sleep apnea. To find out if you're eligible for a free WatchPat® Home Sleep Apnea Test (HSAT), select "yes" in your Health Assessment Questionnaire.



#### SOURCES

U.S. Department of Health and Human Services: "Get Enough Sleep"



Doctor Verified

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