



SWEET DREAMS: DON'T LET SLEEP SCARCITY SABOTAGE YOUR SUCCESS!

Sleep is critical for peak physical and cognitive function, yet Americans don't sleep nearly enough. The situation is so severe that the CDC recently declared sleep deprivation to be a national health epidemic. Lack of sleep can interfere with weight loss and sabotage your fitness goals.

STATISTICS



The National Institutes of Health recommends a minimum of 7 to 8 hours of sleep per night for adults. Yet a whopping 30 percent of adults report getting less than 6 hours per night. Sleep deprivation is linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors, according to the CDC.

SYMPTOMS



Besides the obvious symptoms of feeling tired and irritable, sleep deprivation has been linked to weight gain, high blood pressure, diabetes, heart disease, impaired memory, colds and flu, and depression. When sleep deprived, your risk of exercise injury increases and your immune system is compromised.

SOLUTIONS



Establish a regular bedtime that includes time to relax and wind down. Wake up at the same time every day. Avoid caffeine, alcohol, nicotine and large meals late in the day. Keep your bedroom dark and cool, and banish the TV from your sleep quarters. Stretch your joints and muscles to relieve tension before you turn in for the night.

