Do You Get Enough Sleep?

Adults need 7+ hours of sleep a night. 

1 in 3 adults don’t get enough sleep.

Lack of sleep is linked to several chronic diseases and conditions, including:

- **Type 2 Diabetes**
- **Heart Disease**
- **Obesity**
- **Depression**

Tips for Good Sleep

- Go to bed and get up at the same time each day, including weekends.
- Keep the bedroom quiet, dark, and a comfortable temperature.
- Remove electronic devices from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Be active during the day to help you fall asleep at night.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).