How much sleep do you need each night?

While we often consider sleep to be a “passive” activity, sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention in the public health community. Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression.

Sleep Hygiene
The promotion of regular sleep is known as sleep hygiene. Here are some simple sleep hygiene tips:

• Go to bed at the same time each night, and rise at the same time each morning.
• Sleep in a quiet, dark, and relaxing environment, which is neither too hot nor too cold.
• Make your bed comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music.
• Remove all TVs, computers, and other "gadgets" from the bedroom.
• Avoid physical activity within a few hours of bedtime.
• Avoid large meals before bedtime.

Sleep Disorders
Sleep-related difficulties typically called sleep disorders affect many people. Major sleep disorders include:

• **Insomnia** – an inability to fall or stay asleep that can result in functional impairment throughout the day.
• **Narcolepsy** – excessive daytime sleepiness combined with sudden muscle weakness; episodes of narcolepsy are sometimes called "sleep attacks" and may occur in unusual circumstances.
• **Restless Legs Syndrome (RLS)** – an unpleasant "creeping" sensation associated with aches and pains throughout the legs that can make it difficult to fall asleep.
• **Sleep Apnea** – interrupted sleep caused by periodic gasping or "snorting" noises or momentarily suspension of breathing.

If you or someone you know is experiencing a sleep disorder, it may be important to receive an evaluation by a healthcare provider.

Source: Centers for Disease Control and Prevention