

# Sleep and Your Health

Our schedules are busy ... and it can feel like there aren't enough hours in the day to fit everything in. Something's got to give.

And sometimes, that something is sleep.

If you're not getting enough sleep, you're in good company. Millions of us aren't.

Now ... most people have a sleepless night now and then. And that's not a big deal.

It's when those sleepless nights become a habit that problems can start.

Studies show that getting less sleep than you need on most nights can affect your health in many ways.

Most people need 7 to 8 hours of sleep each night for good health.

Not getting enough sleep can affect your mood, the way you make decisions, and how you deal with people. It may even make it easier for you to gain weight.

And it may lead to health problems like high blood pressure, heart disease, and diabetes.

And those sleepless nights, well ...

they may also affect how well your body can fight infections.

But getting enough sleep can change all that.

When you get a full night's sleep on most nights ...

your body can recover from the effects of not getting enough sleep ...

and can do the repair work needed to keep you healthy and strong.

Sleep isn't something you can push to the bottom of your to-do list ...

It's important for good health.

So go ahead, get some zzzzzs. It really can make a difference.