



A MINUTE OF HEALTH WITH CDC

No Rest for the Weary

Prevalence of Perceived Insufficient Rest of Sleep by Days in the Past Month Among U.S. Adults in Four States — BRFSS 2006

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This program is presented by the Centers for Disease Control and Prevention, CDC — safer, healthier people.

Are you having problems sleeping at night? Rest assured, you're not alone. Seventy million Americans are walking the floor or staring at the ceiling right along with you. Lack of sleep is a silent epidemic that can lead to other problems, besides just dozing off during a business meeting. Sleeplessness can lead to accidents, injuries, depression, and an inability to handle work responsibilities. Getting a better night's sleep could be as simple as establishing a regular sleeping schedule, exercising, avoiding late-night snacks, or practicing relaxation techniques, such as listening to soothing music. If none of these strategies seem to work, talk to your doctor.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.