

# THE POWER OF SLEEP

Side effects of not enough sleep

## SICKNESS

Too little sleep can make it harder to fight off illness. If you're already sick, not having enough sleep can make it harder to get better.

## HEART DISEASE

Long-term sleep deprivation can lead to many heart problems (high heart rate, blood pressure, inflammation).

## LONG-TERM MOOD CHANGES

Not getting enough sleep consistently can lead to feelings of anxiety and depression.

## DIABETES

Getting less than 5 hours of sleep each night increases your risk of developing diabetes.

## WEIGHT GAIN

Getting less than 7 hours of sleep each day can increase risk of obesity.

SO, HOW MANY HOURS SHOULD WE BE GETTING?



**NEWBORNS**

16-18

hours per day



**PRE-SCHOOL KIDS**

11-12

hours per day



**SCHOOL-AGE KIDS**

10

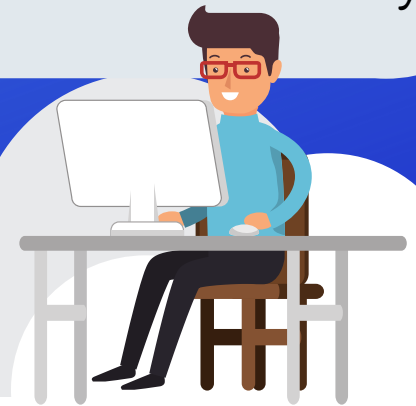
hours per day



**TEENS**

9-10

hours per day



**ADULTS**

7-8

hours per day