



Do you get enough sleep?



1 in 3 adults don't get enough sleep



Adults need **7+ hours** of sleep a night

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.