

# SLEEP HYGIENE: THE SECRET TO A GOOD NIGHT'S SLEEP.

Sleep Hygiene encompasses a variety of different habits and routines that are required to enjoy quality nighttime sleep, as well as daytime alertness.<sup>1</sup>

ADULTS SHOULD GET AT LEAST

7

HOURS OF UNINTERRUPTED SLEEP

EVERY NIGHT.<sup>2</sup>

BUT MORE THAN

35%

of adults report getting LESS THAN SEVEN.<sup>3</sup>

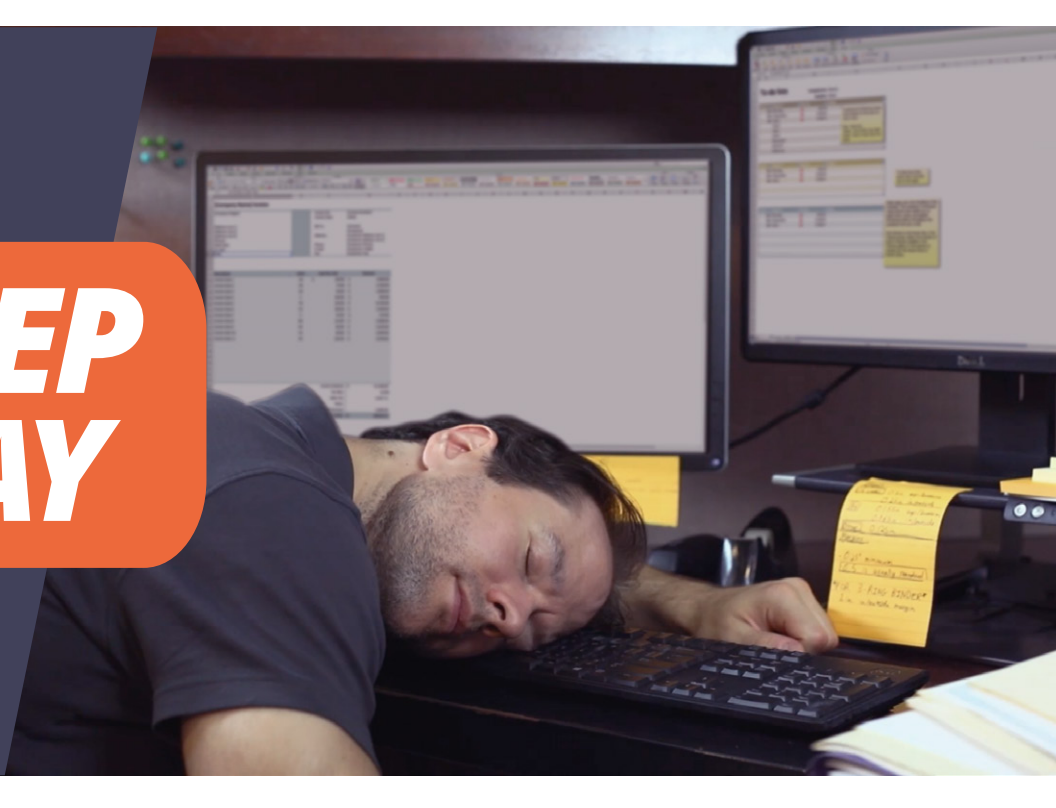
When you lose sleep, YOU CAN'T MAKE IT UP.<sup>4</sup>



More than 37% of adults report

FALLING ASLEEP DURING THE DAY

at least once in the past month.<sup>5</sup>



Poor sleep hygiene can wreak havoc on a person's day.

## IT CAN CAUSE US TO

- 1 Wake up feeling unrested
- 2 Wake up frequently during the night
- 3 Feel tired during the day
- 4 Have trouble falling asleep at night<sup>6</sup>

Sleep deprivation can have serious long-term effects on a person's physical and mental wellbeing.

## IT CAN CAUSE PROBLEMS SUCH AS



MEMORY PROBLEMS



TROUBLE THINKING/ CONCENTRATING



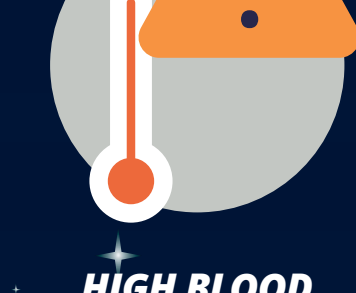
MOOD CHANGES



ACCIDENTS



WEAKENED IMMUNITY



HIGH BLOOD PRESSURE



RISK FOR DIABETES



WEIGHT GAIN



LOW SEX DRIVE



RISK OF HEART DISEASE



POOR BALANCE

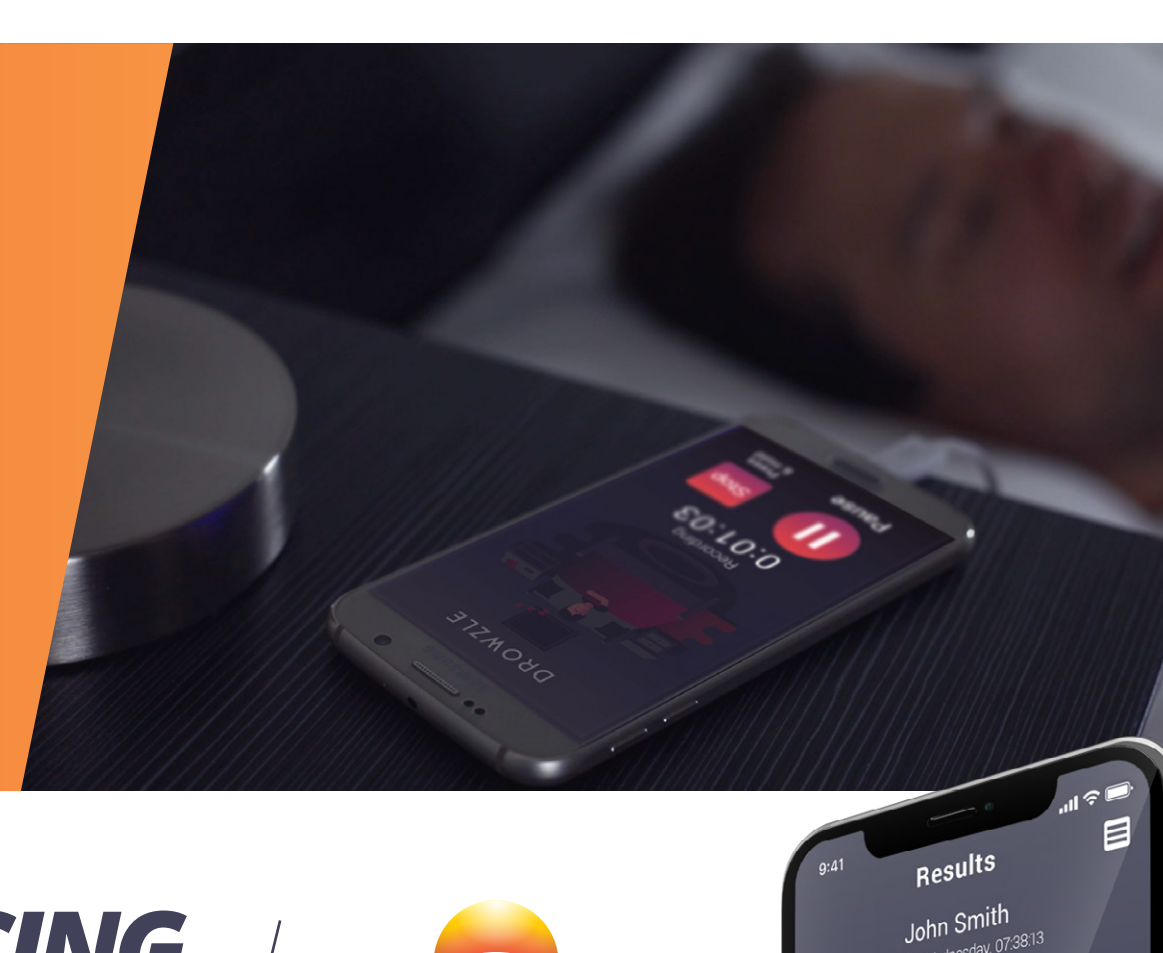
LUCKILY, good sleep hygiene is easy to achieve.

By making a few simple adjustments to your sleep routine, you could achieve the sleep you require. Some examples include:



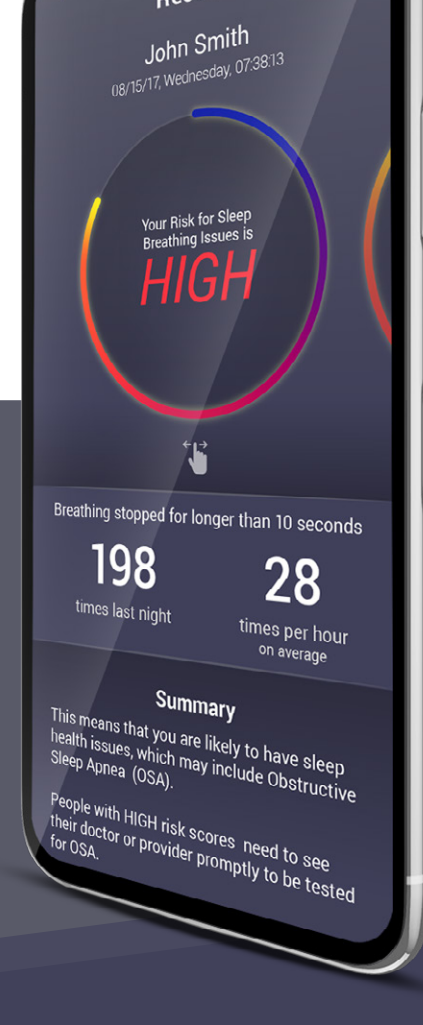
## HOW DOES YOUR SLEEP HYGIENE MEASURE UP?

NOW, YOU CAN TEST TO SEE IF YOU NEED TO MAKE ANY CHANGES.



INTRODUCING DROWZLE

With just a smartphone, you can check your sleep health.



VISIT DROWZLESLEEPHEALTH.COM TODAY TO LEARN MORE.

Let's measure the success of your sleep hygiene for healthier, more productive days.

SOURCES:

- 1 <https://www.sleepfoundation.org/sleep-topics/sleep-hygiene>
- 2 <https://www.webmd.com/sleep-disorders/guide/sleep-requirements#1>
- 3 <https://www.sleepassociation.org/about-sleep/sleep-statistics/>
- 4 <https://melmagazine.com/en-us/story/you-cant-make-up-for-lost-sleep>
- 5 <https://www.sleepassociation.org/about-sleep/sleep-statistics/>
- 6 <https://www.tuck.com/sleep-hygiene/>
- 7 <https://www.healthline.com/health/sleep-deprivation/effects-on-body#1>
- 8 <http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>