

“Problems From Getting Too Little Sleep”

1. 70 million Americans do not get enough sleep.
2. In 1960, the average American was sleeping 8.5 hours a night.
3. Now, the average American sleeps less than 7 hours a night.
4. This is because many of us have strange job shifts, or long commutes, or are working long hours or more than one job.
5. It is also because people love to watch television and movies and play video games instead of going to sleep.
6. This lack of sleep is causing many serious problems. Lack of sleep can cause:
 - Heart disease
 - Diabetes
 - Obesity
 - Infections
 - Irritability
 - Slower reaction time
 - Reduced problem-solving ability
 - Making mistakes and having accidents
 - Even hallucinations and mental problems
8. All this costs our country more than \$100 billion a year.
9. More than 100,000 traffic accidents a year are caused by lack of sleep.
10. And many accidents at work are the result of sleep deprivation. Two famous accidents were Three-Mile Island (the nuclear plant that had a meltdown) and the Exxon Valdez oil spill.

Developed by Sally Daniels, Sumner Adult Education, Sullivan, Maine
as part of the Managing Stress to Improve Learning project, World Education, Boston, MA

“Our Bodies Need Sleep”

1. Sleep is very important for our health.
2. People are different, but most people need between 7 and 9 hours of sleep a night.
3. During sleep, the body repairs cells and tissues that are damaged during the day. It cleans toxins out of the body.
4. For example, during sleep the body repairs damage to the skin caused by ultraviolet rays.
5. Sleep helps us to think better and solve problems better and react quickly when we need to.
6. It helps us stay alert, pay attention and concentrate better.
7. Enough sleep helps keep our immune system strong so we won't get sick.
8. During sleep, we can dream and work out problems from the day. We can consolidate memories and things we have learned while we were awake.
9. Getting a good sleep keeps the heart healthy and hormones in balance.
10. Good sleep also keeps our mood high and prevents depression.

Developed by Sally Daniels, Sumner Adult Education, Sullivan, Maine
as part of the Managing Stress to Improve Learning project, World Education, Boston, MA

“Tips For Getting Enough Sleep, and a Good Sleep”

1. Try to go to bed at the same time each night, and get up at the same time in the morning.
2. Don't drink alcohol or have caffeine (coffee or chocolate or Coca-cola) for 3 hours before bed.
3. Get plenty of exercise during the day, but not right before bed.
4. Make your bedroom cool, dark and quiet, with no TV or computer in the room.
5. Listen to quiet music before bed, or take a hot bath or drink herb tea.
6. Get rid of stress, breathe deeply and relax your muscles.
7. If you do miss out on nighttime sleep, try a nap of 20-30 minutes around 3 in the afternoon.

Developed by Sally Daniels, Sumner Adult Education, Sullivan, Maine
as part of the Managing Stress to Improve Learning project, World Education, Boston, MA