How much sleep should I get a night?
The CDC recommends that adults get 7 or more hours of sleep a night. But they report that almost 35% of Americans get less than 7 hours of sleep per night. More than 50 million Americans suffer from sleep disorders or chronic sleep loss.

How can I get better sleep?
The first thing to do is recognize when you are sleep-deprived. It can be hard to know how much sleep you’re getting a night. Try tracking your sleep if you feel exhausted all the time, or need a lot of caffeine to stay alert during the day. If you are sleep-deprived, try one of these tips to get better sleep.

• Try to go to bed and get up at the same times each day.
• Keep your bedroom cool, dark, and quiet.
• If you can, keep your bedroom for sleep only. Watch TV, exercise, and get on the computer in another room.
• Exercise every day, but not right before bedtime.
• Don’t eat a big meal at night.
• Limit your caffeine and alcohol, especially late in the day.
• Take 15 minutes to wind down before bed.
• Make sure your mattress is comfortable and supportive. Many wear out in 5 - 7 years.
• Turn off electronics as the light from a cell phone, computer or tablet can disrupt sleep.

For more information about sleep deprivation, contact your health care provider, or visit the CDC’s Web site at www.cdc.gov/sleep.

Visit Concentra.com/better for more health and safety tips.