American Heart Association.
Healthy for Good™

How Sleep

Affects Your Health

1 in 3 adults don't get enough sleep.

How much *sleep* do you need?

Most adults need **7 to 9** hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

Benefits of good *sleep*

- Healing and repair of cells, tissues and blood vessels
- Stronger immune system
- More creativity and productivity
- Improved mood and energy
- Better brain function including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- Healthy growth and development for kids and teens
- Better ability to build muscle
- Quicker reflexes
- Less risk of chronic disease

Your *Health*

Poor *sleep* may put you at higher risk for:

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- High blood pressure
- High blood sugar
- High cholesterol
- Infections
- Obesity

Poor *sleep* can cause:

- Accidents
- Breathing problems
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

Remember: **7 to 9** will help you feel fine, so get your **ZZZs!**

Learn more at heart.org/HealthyForGood

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