Healthy Sleep. Healthy Brain.

Cells in the brain that promote sleep are lost over time as part of normal aging. As a result of this and other factors, older adults sleep less and wake up earlier.¹

1 in 3 US adults regularly get less than 7 hours of sleep.²

Adults need at least 7 hours of sleep per night on a regular basis for good health.²

Not getting enough sleep has been linked to type 2 diabetes, cardiovascular disease, obesity, and depression.³

Those with lower household incomes have a harder time falling asleep and staying asleep than those with higher household incomes.⁴

Adults living in more rural areas have more trouble falling asleep and staying asleep than those living in metropolitan areas.⁴

Older adults have more trouble falling asleep and staying asleep than younger adults.⁴

Women are more likely than men to have trouble falling asleep and staying asleep.⁴

Non-Hispanic White adults are more likely to have trouble staying asleep than Non-Hispanic Black, Hispanic, and Non-Hispanic Asian adults.⁴

References

NACDD About Statement:
Since 1988, the National Association of Chronic Disease Directors and its more than 7,000 Members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally.

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