

# 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.<sup>1</sup>



1 in 3 US adults regularly get less than 7 hours of sleep.<sup>2</sup>



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



Certain conditions such as Alzheimer's disease can speed the loss of brain cells.<sup>1</sup>



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



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



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



Older adults have more trouble falling asleep and staying asleep than younger adults.<sup>4</sup>



Women are more likely than men to have trouble falling asleep and staying asleep.<sup>4</sup>



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



## References

<sup>1</sup> National Heart, Lung, and Blood Institute. Your Sleep/Wake Cycle. [nhlbi.nih.gov/health/sleep/sleep-wake-cycle](https://nhlbi.nih.gov/health/sleep/sleep-wake-cycle). Last updated on March 24, 2022. Accessed on July 6, 2023.

<sup>2</sup> Pankowska MM, Lu H, Wheaton AG, Liu Y, Lee B, Greenlund KJ, et al. Prevalence and Geographic Patterns of Self-Reported Short Sleep Duration Among US Adults, 2020. *Prev Chronic Dis* 2023;20:220400. DOI: [http://dx.doi.org/10.5888/pcd20.220400](https://dx.doi.org/10.5888/pcd20.220400)

<sup>3</sup> Consensus Conference Panel, Watson NF, Badr MS, et al. Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. *J Clin Sleep Med*. 2015;11(8):931-952. doi:10.5664/jcsm.4950. <https://jcsm.aasm.org/doi/10.5664/jcsm.4950>

<sup>4</sup> National Center for Health Statistics. Sleep Difficulties in Adults: United States, 2020. NCHS Data Brief No. 436, June 2022. [cdc.gov/nchs/products/databriefs/db436.htm](https://www.cdc.gov/nchs/products/databriefs/db436.htm). Accessed on May 8, 2023.

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