



# The importance of sleep

## Healthy Sleep Crusade

The Healthy Sleep Crusade is an initiative to drive urgency, awareness and action around sleep apnea, a disorder affecting nearly one in five people.

Doctors are increasingly convinced that restful and regular sleep is just as important to their patients' health as exercise and a balanced diet.

Overcoming a sleep disorder and getting a good night's rest has many benefits for overall health and quality of life. Sleep is important for learning and forming memories. Getting a good night's sleep can give you more energy, and can increase your productivity and safety throughout the day. Perhaps most importantly, healthy sleep can greatly reduce the risk of serious health problems such as obesity, high blood pressure, heart disease, stroke, type 2 diabetes and depression.

Although sleep is critical to good health, many people do not get enough quality sleep. For some people, this lack of sleep is by choice. For other people, the lack of sleep may be from:

- A change in the body's natural clock. Shift work and jet lag are examples of things that can lead to this kind of sleep loss.
- Taking certain substances, like drugs or alcohol, that can make sleep less restful.
- Trying to sleep in a place that is not relaxing (too hot, too noisy).
- A sleep disorder, like sleep apnea.

## Sleep Apnea

Up to 20% of adult Americans have sleep apnea, but as many as 90% of them are undiagnosed. Sleep apnea is a potentially serious disorder that causes breathing to stop briefly while you sleep. If you wake up often during the night, your partner tells you that you snore regularly, or you find yourself feeling unrested when you get out of bed, you may have sleep apnea.

Better sleep means a healthier, more productive, and potentially longer life. **For more information and to take a five question sleep quiz to determine your personal risk, visit [healthysleepcrusade.com](http://healthysleepcrusade.com).**



Healthy Sleep Crusade is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.