

# Sleep Debt: The Cost Of Lost Sleep



## What Is Sleep Debt?

Sleep debt is essentially the difference in the amount of sleep someone actually gets versus what is needed. Also known as sleep deficiency, this discrepancy can lead to health problems, productivity issues and more.

## The Cost of Lost Sleep

### Work life

- + Lack of sleep costs the U.S. **1.23 million** working days annually.
- + That's over **\$411 billion** every year!
- + Almost **40%** of surveyed adults say they fall asleep during the day without meaning to at least once a month, including on the job.
- + An estimated **43%** of workers are sleep-deprived.
- + Fatigued people are less productive and lose a company approximately **\$1,200 to \$3,100** per employee.

### Mental health

- + Sleep is critical for the brain to work properly, as it forms new pathways and boosts recall.
- + Chronic sleep loss increases the risk of anxiety and other serious mental health conditions.
- + Getting consistently good sleep improves problem-solving skills, creativity and emotional control.
- + Sleep deficiency is also linked to depression, suicide and risk-taking behavior.
- + Children and teens who experience sleep deficiency may have problems paying attention, feel stressed and get lower grades.

### Physical health

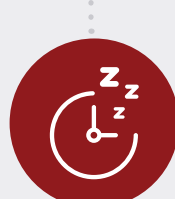
- + Sleep deficiency is linked to many chronic health problems including heart disease, high blood pressure, diabetes, stroke and kidney disease.
- + It is also linked to a higher chance of injury — including serious falls and breaks for older adults.
- + An estimated 20% of all car crashes are associated with sleepiness.
- + Good-quality sleep can help support immunity and a healthier balance of the hormones that make you feel hungry.
- + Studies show that just getting 60 to 90 more minutes of sleep a night can make you happier and healthier.

## Ways To Help Reduce Debt and Get a Good Night's Sleep



Invest in a quality mattress that matches your firmness or softness needs to ensure peak comfort.

Consider a specialty mattress or topper with temperature control options to help prevent sleep disruptions.



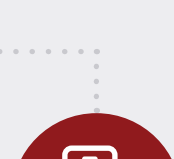
Develop a healthy nighttime routine that works to soothe your mind and body an hour or so before bed.

Practice good sleep hygiene, such as avoiding midday naps and sugary snacks before bed.



Create a sleep-friendly environment by ensuring the room is properly ventilated and limiting light and noise exposure.

Remove distractions from the bedroom including the TV and other tempting electronics.



Perform relaxation techniques — such as deep breathing exercises, meditation or visualization — instead of trying to force yourself to fall asleep.

**bel**  
FURNITURE