

## Not a Sleeping Matter

*Poor-quality sleep is a global public health concern with major consequences*

A study across 12 countries found that 8 in 10 people reported wanting to improve their sleep quality. While nearly 70 million Americans suffer from long-term or persistent sleep problems. Sleep scientists warn that not having enough sleep has been linked to a number of chronic diseases and conditions. These include type 2 diabetes, cardiovascular disease, obesity, and mental health.

**Here's How Poor Sleep Impacts the Body:**

### Diabetes

Sleep duration and quality have been shown to lower the body's ability to release important hormones, specifically the right amount of insulin. This results in increased blood-sugar levels causing risk for type 2 diabetes.

### Cardiovascular Disease

Blood pressure lowers during a healthy sleep cycle, problems arise when sleep is disrupted causing blood pressure to remain higher for longer. High blood pressure forces the heart to work harder. Extra strain on the heart damages arteries, weakens the heart muscle and increases the likelihood of heart attack.

### Obesity

Sleep deficiency can cause an imbalance of appetite-related chemicals in the brain, triggering hunger when you're already full, causing risk of over-eating and weight gain.

### Depression

Poor-quality sleep can worsen periods of emotional unrest. The negative impact on your stress level, emotional stability and temperament could cause anxiety or depression to develop over time.

**Have you experienced any of these sleep concerns?**

**Explore these interactive options to ignite change and improve your sleep:**

### Wearable Sleep Trackers

- Smart watches
- Smart rings
- Smart sound earbuds
- Biometric wristbands

### Sleep-Focused Apps (iOS and Android)

- Guided meditation apps
- Sleep tracking apps
- Ambient sound apps

### Bed Gadgets

- Sleep monitoring mattress pads
- Biometric pillow inserts
- Smart temperature mattress pads



### Signs of Poor Sleep Quality

Knowing the signs and symptoms of poor-quality sleep can help put bad sleep habits to bed, lead to sleep improvement and have long-term positive effects on your health. In general, sleep-deficient adults total less than seven hours of sleep a night, on a regular basis.

- It takes a long time to fall asleep
- You often wake up during the night
- You're awake for a long time after waking during the night