

SLEEP DISORDERS & INSUFFICIENT SLEEP
IMPROVING HEALTH
through
RESEARCH



50-70
MILLION U.S. ADULTS
have sleep or wakefulness disorders¹

1/3 OF AMERICANS
 GET FEWER THAN 7 HOURS
 OF SLEEP PER NIGHT²

INSUFFICIENT SLEEP
 AND INSOMNIA ARE
MORE PREVALENT
 IN WOMEN³

5,000-6,000
 FATAL CRASHES
 EACH YEAR MAY BE CAUSED
 BY DROWSY DRIVERS⁴

12-18 MILLION
 U.S. ADULTS HAVE
SLEEP APNEA⁵

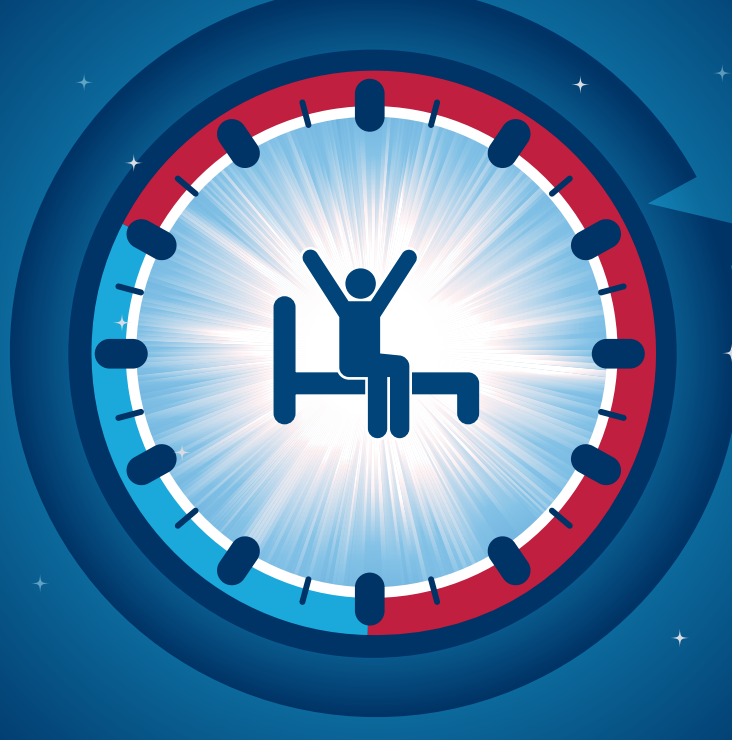
\$50 BILLION
 LOST IN
 PRODUCTIVITY⁵

70%
 OF HIGH SCHOOL
 STUDENTS ARE
NOT GETTING
 ENOUGH SLEEP
 ON SCHOOL NIGHTS⁶

1/3 OF ADULTS
 ARE SLEEPY DURING
 DAYLIGHT HOURS⁷
 ON A DAILY BASIS¹

PROGRESS OF RESEARCH⁷

National Institutes of Health-supported research is shedding light on how sleep and lack of sleep affect the human body



RESEARCH INDICATES
 THAT SLEEPING LESS THAN
7-8 HOURS
 each night, irregular
 sleep schedules, or poor
 quality sleep has been
 associated with many
 health risks⁹

Health Discoveries

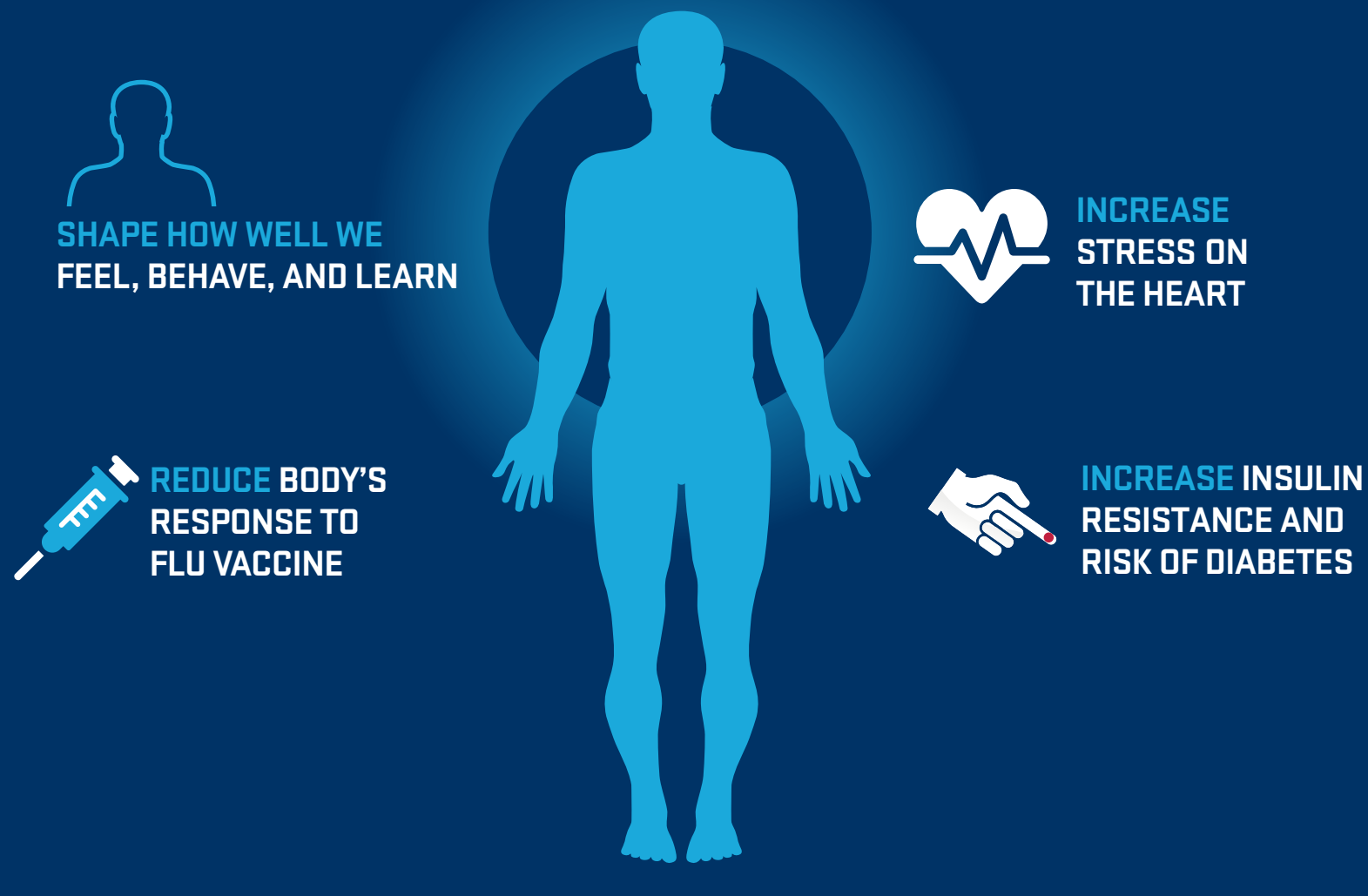
BRAIN PATHWAYS
 LINK SLEEP TO LEARNING, EMOTIONAL
 RESPONSES, AND PERCEPTION OF
 EMOTIONS IN OTHERS

"CIRCADIAN CLOCK" GENES
 CONTRIBUTE TO THE HEALTH
 AND REPAIR OF CELLS
 THROUGHOUT THE HUMAN BODY

SLEEP APNEA IS ASSOCIATED
 WITH AN **INCREASED RISK** OF
 CARDIOVASCULAR COMPLICATIONS
 DURING PREGNANCY

Sleep disorders are associated with a growing number of health problems

HEART DISEASE / STROKE / DIABETES / OBESITY / CANCER / HIGH BLOOD PRESSURE

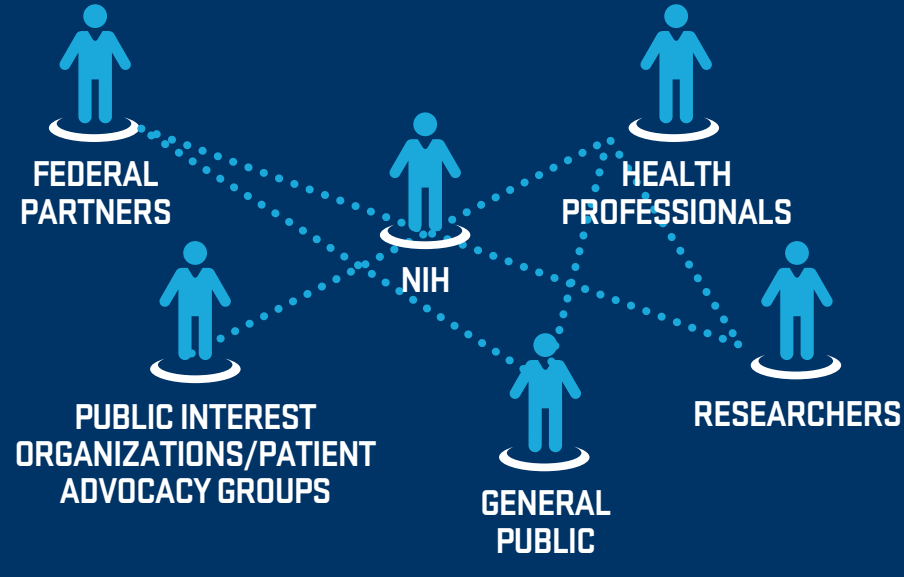


IT WILL TAKE A COMMUNITY TO MOVE RESEARCH FORWARD

THE NIH SUPPORTS A RANGE OF SLEEP-RELATED RESEARCH THAT IS EXPLORING

- How sleep disorders, or a lack of sleep, affect the body
- New ways to diagnose and treat sleep disorders
- Genetic, environmental, and social factors that lead to sleep disorders
- Adverse effects on the brain from a lack of sleep
- The consequences of sleep deficiency across the lifespan, from infancy to older age

THE NIH AND ITS PARTNERS WILL CONTINUE TO WORK TOGETHER TO ADVANCE SLEEP RESEARCH



The NIH is currently implementing the NIH Sleep Disorders Research Plan⁸, which builds on scientific advances that link sleep problems to health and safety risks and identifies research opportunities to spur new approaches for preventing and treating sleep disorders.

SOURCES:
¹http://www.cdc.gov/features/dssleep/
²http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6008a2.htm
³http://www.nhlbi.nih.gov/health/health-topics/topics/inso/atrisk.html
⁴http://www.cdc.gov/Features/dsdrowsydriving/index.html
⁵http://www.nhlbi.nih.gov/health/public/sleep/yp_slp.htm
⁶http://www.cdc.gov/media/subtopic/matte/pdf/2011/teen_sleep.pdf
⁷http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/
⁸http://www.nhlbi.nih.gov/health/prof/sleep/sleep_splan.htm
⁹1993 National Commission on Sleep Disorders Research Report to Congress