

# Sleep Health

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## Overview

Adequate sleep supports cognitive function, emotional balance, and immune regulation. The CDC recommends 7–9 hours for adults and 8–10 hours for adolescents.

Chronic sleep deprivation increases risk of obesity, diabetes, depression, and cardiovascular disease.

*[Source: CDC Sleep and Health, 2024]*

## Causes / Risk Factors

- Irregular schedules, late-night screen exposure
- High caffeine or alcohol intake
- Stress, anxiety, or medical disorders (sleep apnea, thyroid disease)
- Poor sleep hygiene or environmental noise

*[Source: NIH Sleep Health Basics, 2023]*

## Symptoms / Indicators

- Daytime drowsiness, irritability, or reduced focus
- Difficulty falling or staying asleep
- Snoring, gasping, or interrupted breathing
- Poor academic or work performance

*[Source: NHS, 2024]*

## Prevention / Lifestyle

Sleep experts recommend:

- Maintain a fixed sleep-wake schedule
- Avoid screens 1 hour before bedtime
- Exercise regularly but not right before sleep
- Create a quiet, cool, dark bedroom
- Limit caffeine, nicotine, and alcohol

*[Source: National Sleep Foundation, 2023]*

## Screening / Diagnosis

Assessment includes:

- Sleep diary or wearable monitoring
- Polysomnography (overnight sleep study)
- Home sleep apnea testing for suspected OSA

*[Source: Mayo Clinic, 2024]*

## Management / Public Health Perspective

WHO and NIH identify sleep as a determinant of health. Awareness campaigns promote adequate rest as part of workplace wellness and school health programs.

*[Source: WHO, 2023; NIH, 2023]*

## Summary Points

- Adults need 7–9 hours of quality sleep
- Poor sleep increases chronic disease risk
- Consistent sleep hygiene improves well-being

**Disclaimer:** This document is for educational purposes only and should not be considered medical advice.