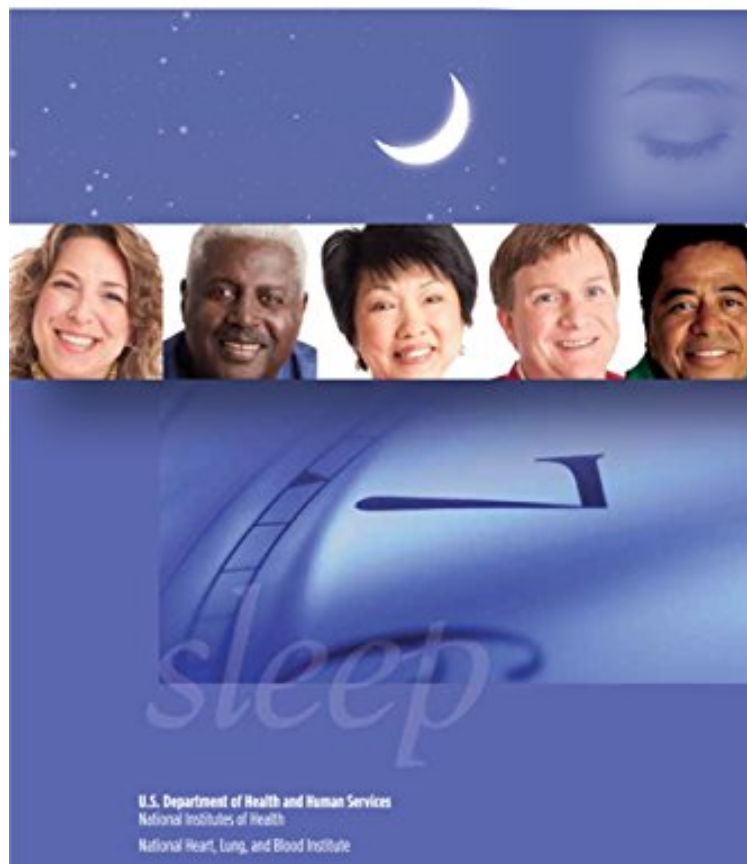


(Free pdf) Your Guide to Healthy Sleep

## Your Guide to Healthy Sleep

*U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute*

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**U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute : Your Guide to Healthy Sleep** before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Guide to Healthy Sleep:

0 of 0 people found the following review helpful. Rest EasyBy A. TurnerWhat a find. It gives detailed information on a several sleep disorders. Glad I got it before seeing my doctor. It armed me with good information so I could ask the

right questions.0 of 0 people found the following review helpful. Nice handy guide on getting enough sleepBy D. jeffersThis guide goes through how much sleep we need, what happens when we don't get it, and gives some good types on how to get enough during situations where many people don't.

This book by the National Institutes of Health (Publication 11-5271) and the National Heart, Lung, and Blood Institute provides the latest science-based information about Sleep. This book gives the latest information on sleep disorders such as insomnia (trouble falling or staying asleep), sleep apnea (pauses in breathing during sleep), restless legs syndrome, narcolepsy (extreme daytime sleepiness), and para somnias (abnormal sleep behaviors). Think of your daily activities. Which activity is so important you should devote one-third of your time to doing it? Probably the first things that come to mind are working, spending time with your family, or doing leisure activities. But theres something else you should be doing about one-third of your timesleeping. Many people view sleep as merely a down time when their brains shut off and their bodies rest. People may cut back on sleep, thinking it wont be a problem, because other responsibilities seem much more important. But research shows that a number of vital tasks carried out during sleep help people stay healthy and function at their best. While you sleep, your brain is hard at work forming the pathways necessary for learning and creating memories and new insights. Without enough sleep, you cant focus and pay attention or respond quickly. A lack of sleep may even cause mood problems. Also, growing evidence shows that a chronic lack of sleep increases your risk of obesity, diabetes, cardiovascular disease, and infections. Despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being, people are sleeping less. The nonstop 24/7 nature of the world today encourages longer or nighttime work hours and offers continual access to entertainment and other activities. To keep up, people cut back on sleep. A common myth is that people can learn to get by on little sleep (such as less than 6 hours a night) with no adverse effects. Research suggests, however, that adults need at least 7-8 hours of sleep each night to be well rested. Indeed, in 1910, most people slept 9 hours a night. But recent surveys show the average adult now sleeps fewer than 7 hours a night. More than one-third of adults report daytime sleepiness so severe that it interferes with work, driving, and social functioning at least a few days each month. Evidence also shows that childrens and adolescents sleep is shorter than recommended. These trends have been linked to increased exposure to electronic media. Lack of sleep may have a direct effect on childrens health, behavior, and development. Chronic sleep loss or sleep disorders may affect as many as 70 million Americans. This may result in an annual cost of \$16 billion in health care expenses and \$50 billion in lost productivity. What happens when you dont get enough sleep? Can you make up for lost sleep during the week by sleeping more on the weekends? How does sleep change as you become older? Is snoring a problem? How can you tell if you have a sleep disorder? Read on to find the answers to these questions and to better understand what sleep is and why it is so necessary. Learn about common sleep myths and practical tips for getting enough sleep, coping with jet lag and nighttime shift work, and avoiding dangerous drowsy driving. Many common sleep disorders go unrecognized and thus are not treated.

About the AuthorPart of the National Institutes of Health, the National Heart, Lung, and Blood Institute (NHLBI) plans, conducts, and supports research related to the causes, prevention, diagnosis, and treatment of heart, blood vessel, lung, and blood diseases; and sleep disorders. The Institute also administers national health education campaigns on women and heart disease, healthy weight for children, and other topics.