

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

March 7, 2017

Need a dose of Vitamin Zzz?

Do you ever nod off when you're sitting still? Feel foggy or slowed down because you're tired? Been in a bad mood? You might not be sleeping well—or long enough. Many of us aren't. Nearly 30 percent of Americans get fewer than six hours of sleep each night. And it can seriously affect your health. Being well-rested can lower your risk for:¹

- Accidents and injuries
- Illnesses like cold and flu
- Health problems like obesity, diabetes and heart disease
- Lowered performance at work and in leisure activities
- A shorter lifespan

Stop tossing and turning.

If you're tired of being tired, make a plan to get at least seven to eight hours of rest each night. Try these [tips for better sleep](#) and better health.

Working shifts?

This [article](#) explains how shift workers can get a good night's sleep when schedules may change.



Use your resources.

When the day is too full to fit everything in, it is often [sleep](#) that gets the short shift. But, sleep plays a critical role in your health and ability to work safely.

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References:

¹ "Insufficient Sleep is a Public Health Problem." Centers for Disease Control and Prevention, 03 September 2015. Web. 16 January 2016. | "Tips for Getting a Good Night's Sleep." National Institutes of Health MedlinePlus, Summer 2012. Web. 16 January 2017. | "How You Can Sleep Better If You Work the Night Shift." Cleveland Clinic, 10 December 2014. Web. 16 January 2017. | "Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem." National Center for Biotechnology Information, 2006. Web. 16 January 2017. | "Lack of Sleep: Can it Make You Sick?" Mayo Clinic, 09 June 2015. Web. 16 January 2017. | "Healthy Sleep Tips." National Sleep Foundation, Web. 16 January 2017.



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