



# Health and Wellness Tip of the Week Week 21 – May 20, 2019

## Not Sleeping Enough, So What?

It may seem like no big deal to only sleep a few hours. But being tired is only one of the results of lack of sleep.

Sleeping less than seven hours per night is linked to chances of long-term health issues such as diabetes, stroke, high blood pressure, heart disease, obesity, poor mental health as well as early death. If you aren't getting enough sleep, make it a priority. Talk to your doctor about your sleep habits and how you can make a helpful change.

*Source: Centers for Disease Control and Prevention*

### **City of Mission**

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Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

