



Health and Wellness Tip of the Week - Week 19

Monthly Topic

Focus on the importance of sleep during *Better Sleep Month* in May.

May 12, 2014

Health Problems Linked to Lack of Sleep

Skimping on sleep is never a wise decision. Insufficient sleep has been linked to chronic diseases and conditions including diabetes, cardiovascular disease, obesity and depression. Short-changing sleep also negatively impacts your immune system, mood, alertness and the way you think.

The National Sleep Foundation found that 39 percent of American adults get less than seven hours of sleep each night—well below the seven to nine hours recommended by sleep experts. The amount of sleep you get is as important as the quality of your sleep, which should be continuous and without interruptions. You need to have continuous sleep so you'll feel refreshed and alert for the day ahead.

Source: National Sleep Foundation



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630