Sleep Deprivation Stats and Facts

FACTS

- Multiple factors can cause or contribute to sleep deprivation including poor sleep hygiene, lifestyle choices, work obligations, sleep disorders, and other medical conditions.
- People who work multiple jobs or extended hours may not have enough time for sufficient sleep.
- Sleep deficiency may be caused by other sleep disorders or medical conditions like sleep apnea, a breathing disorder that induces dozens of nightly awakenings. Other medical or mental health problems, such as pain or general anxiety disorder, can interfere with the quality and quantity of sleep.
- The most basic form of sleep deprivation treatment is getting an adequate amount of sleep, typically 7 to 9 hours each night.
- The primary signs and symptoms of sleep deprivation include excessive daytime sleepiness and daytime impairment such as reduced concentration, slower thinking, and mood changes.
- Feeling extremely tired during the day is one of the hallmark signs of sleep deprivation. People with excessive daytime sleepiness may feel drowsy and have a hard time staying awake even when they need to.

STATS

- Almost half of all Americans say they feel sleepy during the day between three and seven days per week.
- People aged 35-64 are most likely to not get enough sleep. 61% of Canadians say the quality of their sleep is good.
- 21% of car accidents are caused by lack of sleep. Sleeping less than 6 hours per night regularly increases the risk of

coronary heart disease by 48%.

- 30% of Canadians have insomnia and 2.2% from obstructive sleep apnea.
- Lack of sleep is linked with chronic stress, with 36.3% of people sleeping less than the recommendation reporting feeling chronically depressed.
- Investing in a new mattress can improve the quality of your sleep by up to 55%.
- Just two servings of alcohol close to bedtime can decrease sleep quality by 39.2%.
- 35.2% of all adults in the U.S. report sleeping on average for less than seven hours per night.
- When compared to whites, black adults are almost twice as likely to describe sleeping too little and are 60% more likely to report sleeping too much.
- 42.6% of single parents sleep less than seven hours per night compared to 32.7% of adults in two-parent homes and 31% of adults with no children.
- The CDC reports that 35% of Americans get less than the necessary seven hours. Insufficient sleep is one major cause of excessive daytime sleepiness, which is thought to affect up to 18% of the U.S. population.