

Sleep Deprivation

statistics that will wake you up!

Most teens need 8-10 hours of sleep/night.
Adults ages 18-64 need 7-9 hours per night.

72.7% of high schoolers & 57.8% of middle schoolers report less than recommended sleep.

Injury rates can double and reaction times slow down when athletes don't get enough sleep.

You should be able to fall asleep naturally after 10-15 minutes.

23% of adults report chronic insomnia.

20 hours without sleep affects performance as much as a blood alcohol level level over .08.

People with insomnia are 7 times more likely to have work-related accidents.

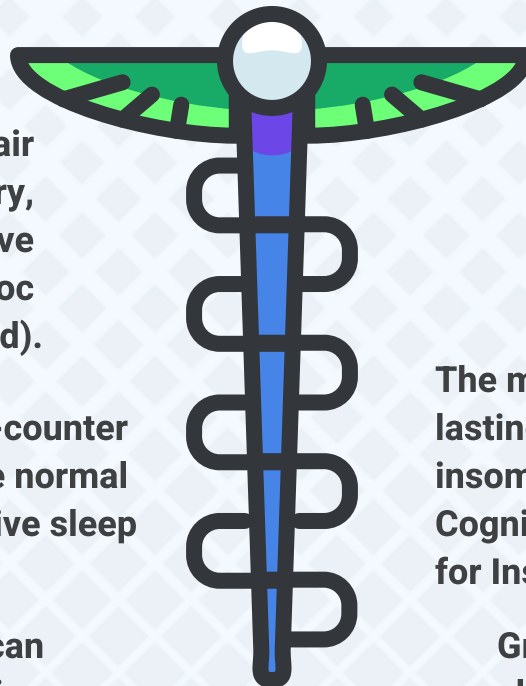
Drowsy driving accounts for over 100,000 car accidents, and 2000 fatal accidents/year.

Insufficient sleep in US has an estimated economic impact of over \$411 Billion/year

Lack of sleep can impair attention, working memory, reaction time and executive function (and wreak havoc on your mood).

Prescription & over-the-counter sleep aids do not induce normal patterns of restorative sleep

Pain and other stressors can make sleep worse, but treating insomnia can significantly improve symptoms of PTSD, depression, pain and nightmares.



Just 6 hours of sleep routinely can lead to short- & longer-term cognitive effects, including performance impairments.

The most effective and long-lasting treatment for insomnia isn't a pill - it's Cognitive Behavior Therapy for Insomnia (CBTi)

Growing evidence suggests poor sleep fuels inflammation, which can lead to a variety of diseases including obesity, diabetes, heart disease and some cancers.

Dr. Marla Shapiro, Sports Neuropsychologist, is a board-certified Behavioral Sleep Medicine provider. She helps people sleep better to promote brain health and mental health, and as part of her multidisciplinary approach for addressing barriers to recovery from sports-related concussions, injuries, and illnesses, and chronic pain.

Call (515) 259-0886 to schedule telehealth consultation.

Email info@brainhealthpllc.com

www.brainhealthpllc.com