

Not getting enough sleep is more than an inconvenience. It's associated with such serious health issues as obesity, diabetes, heart disease, and depression. Poor sleep is linked with impaired decision-making, decreased alertness and less energy.

4 in 10

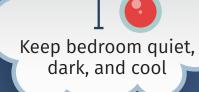
upstate N.Y. adults don't get enough sleep.



Signs of poor sleep include:

- Waking frequently at night
- Feeling tired after waking up
- Experiencing sleep disorder symptoms such as gasping for air

Health experts recommend getting at least / hours of sleep each night and adopting these six habits to help improve sleep.





Are you getting enough sleep?

For more help with sleep, talk with your doctor or a sleep specialist.

