**Optimal sleep** and **short sleep** are defined as:

**OPTIMAL SLEEP**
duration for adults is between 7-8 HOURS per 24-hour period\(^1,2\)

**SHORT SLEEP**
duration for adults is defined as LESS THAN 7 HOURS per 24-hour period\(^3\)

**INSOMNIA** is characterized by difficulty falling asleep, staying asleep or both, or early-morning awakening\(^4\)

### CAUSES

A combination of factors may contribute to insomnia:\(^5\)
- Biological
- Psychological
- Social

Factors that may trigger insomnia:\(^6\)
- Medical Conditions
- Medications
- Irregular Sleep Schedule
- Environmental Factors

### SYMPTOMS

Symptoms of insomnia may include:\(^9\)
- Daytime Sleepiness
- Mood Disturbances
- Impairment in Cognitive Performance
- Fatigue

### WHO IS AFFECTED BY INSOMNIA?

Approximately **30%** of the **ADULT POPULATION** worldwide is affected by insomnia symptoms\(^10\)

**WOMEN** are **1.4x MORE LIKELY** to report experience from insomnia than men\(^11\)

**PEOPLE AGE 60+** are at a **HIGHER RISK FOR INSOMNIA**\(^12\)

### RISKS

Chronic insomnia is associated with an increased risk of:
- Stroke\(^5\)
- Hypertension\(^5\)
- Heart attack\(^5\)
- Diabetes\(^5\)
- Dementia\(^7\)
- All-cause mortality\(^8\)
- Depression\(^5\)
- Adverse effects on mood and behavior\(^6\)
BENEFITS OF A GOOD NIGHT’S SLEEP

☑ BETTER EMOTIONAL well-being and problem solving 13
☑ STRONGER IMMUNE health 15
☑ IMPROVED MEMORY and learning skills 14, 15
☑ IMPROVED PHYSICAL health 15
☑ Higher level of PRODUCTIVITY 15

QUALITY OF LIFE IMPACT

Insomnia sufferers report DECREASED QUALITY OF LIFE related to physical health problems, such as bodily pain, and mental health problems, including social functioning and emotional health 10

Insomnia sufferers are 40% MORE LIKELY to experience a WORKPLACE ACCIDENT compared to those without insomnia 16

Insomnia symptoms are associated with the RISK OF FALLING AMONG OLDER ADULTS. Older adults who reported falls reported a greater number of insomnia symptoms compared with those who did not fall 17

WORKPLACE IMPACT

Average HEALTHCARE COSTS are approximately 60% HIGHER among insomnia sufferers than those without insomnia 18

Workplace productivity is compromised among insomnia sufferers due to POORER ATTENDANCE records, DECREASED CONCENTRATION, and DIFFICULTY PERFORMING DUTIES compared to those without insomnia 10

The NEGATIVE IMPACT ON ANNUAL WORKPLACE PRODUCTIVITY associated with insomnia in the US is estimated at 252.7 MILLION lost days, or $63.2 BILLION 19
REFERENCES