

Effects of Short or Disturbed Sleep











Chronic sleep deprivation can hinder your daily functioning, but it can also have long term effect on your health.

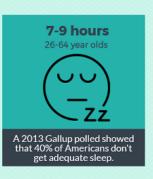
How Much Sleep Do You Need?











Tips for a Good Night's Sleep



Stick to a standard sleep/wake schedule



Exercise regularly



Reduce caffeine use - especially after noon



One hour before sleep, turn off TV, phone



Prepare a comfy bed in a cool room