

The **REAL**

cost when we lose sleep



Teens have irregular sleep habits. They stay up late, and sleep in on the weekends. Some of this is biologically normal – such as a teen’s inability to fall asleep before 11 p.m. But if they continually fall short of sleep, trouble follows.

Cost

Risky behaviors, acne, poor performance in academics and athletics, depression and anxiety.



Many adults work a full day taking care of children or are employed, then the last part of their day involves more work. Stressed and exhausted, they often stay up too late to get everything done.

Cost

Insomnia, poor performance at work, overeating to stay awake during the day, general crankiness, and poor driving habits due to fatigue.



Older adults often don’t get enough exercise during the day, and they may take naps. Both of these are contributing factors in the inability to fall asleep and stay asleep.

Cost

Insomnia, anxiety, inability to concentrate, poor driving habits, memory issues.

how many hours a night should we sleep?

9-11

School age children,
6-13 yrs.

8-10

Teens,
14-17 yrs.

7-9

Adults,
18-64 yrs.

7-8

Older adults,
65+

Mille Lacs Health System has a Sleep Study Program. Check it out if you think you need a sleep study.

