

Don't Hit the Snooze Button On Sleep Awareness Week



March 12–18 is the 25th annual Sleep Awareness Week. Coming right after the change to daylight saving time—when we lose an hour of sleep—this week is a great time to reset your family's sleep hygiene.



Did you know, according to the CDC:

- ▼ In New York state, **35% of adults report sleeping less than 7 hours.**
- ▼ **Staten Island is the most sleep-deprived borough in New York, with 43.6% of adults not getting enough sleep.** Manhattan adults reported getting the most sleep, with only 37.5% reporting low sleep.
- ▼ **77.9% of high school students report not getting enough sleep** on a regular basis. Seniors and juniors get less sleep than 9th and 10th graders.
- ▼ **38.4% of kids between 6 and 12 do not get enough sleep.** Black children are much more likely to sleep less than other demographic groups.

Improve your sleep hygiene by:

- Avoiding **caffeine** after 1 p.m.
- Avoiding **alcohol**
- Going to bed at the **same time every night**, even on weekends
- Keeping your bedroom **cool, dark and quiet**
- **Limiting naps**, especially for older children
- **Putting away screens** at least an hour before bedtime
- **Talking to your doctor** about sleep solutions for you or your children



Want to learn more about adjusting your sleep health?
Find a specialist at weillcornell.org/doctors