

NATIONAL SLEEP AWARENESS WEEK 2023



FEELING TIRED? HERE ARE SOME TIPS & RESOURCES TO HELP

WHY DOES IT MATTER?

"About 50 to 70 million Americans have sleep disorders, and 1 in 3 adults do not regularly get the recommended amount of uninterrupted sleep they need to protect their health."



CHECK OUT THIS SLEEP SERIES

Use this QR code to check out part of Dr. Roane's Sleep Series. You can learn more about sleep tips and how to improve your overall health.



TRY A SLEEP DIARY

Writing down your sleeping habits helps create awareness. When was the last time you were intentional about your sleep awareness? Get started with a log/diary [here](#)



COME SEE US IN THE MET LOBBY ON MARCH 15TH FROM 12-1 PM TO LEARN MORE!

RESOURCES:

[HTTPS://WWW.NHLBI.NIH.GOV/HEALTH-TOPICS/EDUCATION-AND-AWARENESS/SLEEP-HEALTH](https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health)