




Sleep Numbers



1/3

Amount of our lives we spend sleeping.

7 to 8

Number of hours of sleep adults need daily, according to the National Institutes of Health. Teens require 9 to 10 hours of sleep each day.

70%

Percentage of American adults and teens who get insufficient sleep. According to the Centers for Disease Control and Prevention, 28 percent of adults reported an average of 6 hours of sleep per day or less. Only 31 percent of high school students reported getting at least 8 hours of sleep on an average school night.

2 hours

Reduction in nightly sleep we get compared with the average American 40 years ago.

15 million

Number of Americans who work night shifts, rotating shifts, or other irregular shifts — including firefighters, police officers, doctors, nurses, paramedics, factory workers, and cleaning staff.

65%

Percentage of American adults — including 90 percent of young adults ages 18 to 29 — who have slept with a cell phone next to the bed.

54%

Measure of alertness improvement in pilots who take naps, according to a NASA study, which also found a 34 percent increase in on-the-job performance.

60 million

Number of prescriptions U.S. physicians wrote for sleep medications in 2011 — up from 47 million in 2006.