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SLEEP STATISTICS

- The National Sleep Foundation states that:
 - 63 percent of Americans don't receive the recommended 8 hours of sleep needed per night
 - Sleep deprivation can reduce attention and vigilance by 50 percent, decision making ability by 50 percent, communication skills by 30 percent, and memory by 20 percent
 - Medical conditions linked directly to sleep deprivation:
 - depression, 83 percent
 - nighttime heartburn, 82 percent
 - hypertension, 79 percent
 - heart disease, 78 percent
- The National Highway Traffic and Safety Administration estimates that sleep deprivation is linked to 100,000 automobile accidents a year, resulting in 76,000 injuries and 1500 deaths
- *The New York Post* cited "that snoring spoils sex for 81 percent of couples who are just too tired to get in the mood or stay there" and "70 percent of the 1000 men and women surveyed resort to sleeping in separate bedrooms"
- In February 2007, *The New York Times* reported on a survey by the National Association of Home Builders and Architects that predicted more than 60 percent of custom homes would have dual master bedrooms by 2015 due to disruptive snoring
- Sleep deprivation impairs job performance, and is estimated to cost the United States' economy at least \$15 billion a year. With respect to sleepiness, the National Sleep Foundation poll noted the following:
 - 51 percent of the American workplace reports that daytime fatigue interferes with the amount of work they get done
 - 68 percent of adults say that sleepiness interferes with their concentration
 - 66 percent of these adults noted that daytime sleepiness makes handling stress on the job more difficult
- Sleep deprived drivers are just as dangerous as drunk drivers
 - According to the *British Journal of Occupational and Environmental Medicine*, people who drive after being awake for 17 to 19 hours performed worse than those with a blood alcohol level of .05 percent

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