

SLEEPLESS IN SALT LAKE...

Sources: National Sleep Foundation, National Department of Transportation, Centers for Disease Control (2012)

- 70 million Americans suffer from insomnia
- 40 million Americans have a chronic sleep disorder
- \$18 Billion = Estimated cost to U.S. employers in lost productivity due to sleep loss issues
- 62% of American adults experience a sleep problem a few nights per week
- 30% of all adults have insomnia in the course of any year

Average Hours of Sleep Needed by Age

- Ages 10 – 17 = 9 hours
- Adults = 8 hours
- 29% of adults get an average of 6 hours or less
- Only 31% of high school students get an average of 8 hours

TOP CAUSES OF **STRESS** IN THE U.S.

Sources: American Psychological Association & American Institute of Stress (April 2012)

- 77% regularly experience **physical** symptoms caused by stress
- 76% cited **money & work** as the leading cause of their stress
- 73% regularly experience **psychological** symptoms caused by stress
- 48% feel their stress has **increased** over the past five years
- 48% reported lying **awake** at night due to stress
- 33% feel they are living with **extreme** stress