

# DID YOU KNOW... LACK OF SLEEP IS A PUBLIC HEALTH EPIDEMIC?

ACCORDING TO THE CENTER FOR DISEASE CONTROL & PREVENTION

**SLEEP IS AN  
ESSENTIAL PART OF  
LIFE. IT IS JUST AS  
IMPORTANT AS  
FOOD AND WATER.**



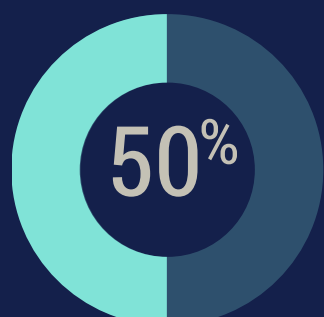
PEOPLE OF  
AGES 18-44  
ARE AT THE  
HIGHEST RISK  
FOR  
INSUFFICIENT  
SLEEP IN  
WASHINGTON  
STATE \*\*



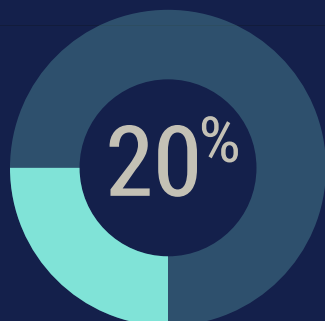
NICOTINE, CAFFIENE &  
ALCOHOL



ALL RAISE THE PROBABILITY THAT  
YOU WILL HAVE A RESTLESS NIGHT



OF  
AMERICANS  
**EXPERIENCE  
INSOMNIA**



EXPERIENCE IT  
**EVERY NIGHT**

**EMPLOYERS LOSE \$18  
BILLION IN LOST  
PRODUCTIVITY  
ANNUALLY....**



WHILE COFFEE SHOPS  
MAKE 31 BILLION PER  
YEAR....



AMERICANS DRINK 350 MILLION  
CUPS OF COFFEE PER DAY  
THAT'S 3.2 CUPS PER PERSON

**NVH**



NVHOSPITAL.ORG  
*Sleep Well - Live Well*



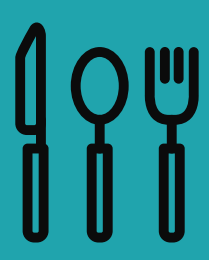


# THE SOLUTION?

## GET PROPER SLEEP

### HOW?

DON'T GO TO BED EITHER HUNGRY OR STUFFED.



ENFORCE A BEDTIME AND STICK TO IT.

SLEEP ON A GOOD MATTRESS AND REPLACE EVERY 5 YEARS



TAKE A WARM BATH OR SHOWER BEFORE YOU GET INTO BED

NVH Sleep Lab will accept patients from the ages of 16+. If your child has had issues sleeping, please consult with their doctor.

"Because young adults brains are a work-in-progress until the age of 21, and because much of that work is done while a child is asleep, a lost hour appears to have an exponential impact on children that it simply doesn't have on adults" \*

**TALK TO YOUR DOCTOR AND SCHEDULE AN APPOINTMENT AT OUR SLEEP LAB.**

**CALL 509-486-3124**



**NORTH VALLEY HOSPITAL DISTRICT**

\* Quote from the book Nature Shock: New Thinking About Children. \*\*Statistic provided by the National Center for Chronic Disease Prevention. \*\*\*2015 revenue from Coffee & snack shops (provided by Statista.com)