

PALO PINTO GENERAL HOSPITAL

*PPGH's Health
Promotion Program*

Week 6



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Sleep

Those who slept fewer than six hours a night were more than four times as likely to catch a cold as those who got more than seven hours of shut-eye.

Prior investigations have linked bad sleep habits to a weakened immune system and a potentially higher risk for developing an array of chronic illnesses.

The U.S. Centers for Disease Control and Prevention has expressed concern about an "epidemic" of insufficient sleep. They also point to a recent National Sleep Foundation survey indicating that, on average, 20 percent of Americans get less than six hours of sleep a day.

Increased risk for a cold was 4.2 times greater for those who slept fewer than six hours, and 4.5 times greater for anyone grabbing five hours or less when compared with those getting more than seven hours.

The findings held up even after accounting for factors such as time of year, weight and obesity status, income, education background, self-declared stress levels, smoking status, exercise routines and drinking habits.

"Short sleep has been linked to a greater risk for cancer and other more chronic conditions, and consistently shorter sleep has clearly been associated with a higher likelihood of illness."

Sleep is a large part of a healthy lifestyle.

