

One-Third of Americans Lose Sleep Over Economy

*Poll by National Sleep Foundation and Cardinal Sleep Disorder Centers
Find Inadequate Sleep Impacts Health and Safety*

Joliet, IL, March 6, 2009 – One-third of Americans are losing sleep over the state of the U.S. economy and other personal financial concerns, according to a new poll released today by the National Sleep Foundation (NSF) and Cardinal Sleep Disorder Centers of America. The poll suggests that inadequate sleep leads to unhealthy lifestyles and negatively impacts health and safety.

NSF's *Sleep in America*TM poll reveals striking disparities in the sleep patterns, health habits and quality of life between healthy and unhealthy Americans. Those in good health are two-times more likely than those in poor health to work efficiently, exercise or eat healthy because they are getting enough sleep.

The number of people reporting sleep problems has increased 13% since 2001. In the past eight years, the number of Americans who sleep less than six hours a night jumped from 13% to 20%, and those who reported sleeping eight hours or more dropped from 38% to 28%.

“The results of the poll point out that it is more important than ever for people to make sleep a priority, as it affects health and daytime functioning,” says Dr. Robert Aronson, medical director at Cardinal Sleep Centers. “Sleep is not expendable, and Americans should focus on keeping a regular schedule and allowing enough hours for sleep.”

About 40% of Americans agree that sleep is as important as diet and exercise to overall health and well-being; yet, only 32% of Americans who report sleep problems discuss them with their doctor.

“Sleep is so obvious, that it is often overlooked, even by physicians,” says Woodie Kessel, MD, MPH, Assistant Surgeon General, USPHS (Ret.) who was a member of the 2009 *Sleep in America*TM Poll Taskforce. “Sleep is as fundamental as diet and exercise to human health.”

Lack of sleep is creating a major public safety problem as well—drowsy driving. The 2009 poll finds that more than one-half of adults (54%) – potentially 110 million licensed drivers– have driven when drowsy at least once in the past year. Nearly one-third of drivers polled (28%) say that they have nodded off or fallen asleep while driving a vehicle.

Two out of every ten Americans sleep less than six hours a night. People sleeping too few hours report being too tired to work efficiently, to exercise or to eat healthy. Nearly 40% of these Americans sleeping too few hours have driven when drowsy at least once a month in the past year and nearly 90% report symptoms of insomnia at least a few nights a week in the past month.

Daytime sleepiness and drowsy driving are often signs of a potentially dangerous sleep disorder. According to Dr. Aronson, “people who snore loudly and who are witnessed to stop breathing at night, and who are obese, could be suffering from underlying sleep apnea,” says Dr. Aronson.

As experts predict that the U.S. economic situation may get worse in 2009, the National Sleep Foundation encourages Americans to maintain good sleep, exercise and diet routines to help combat anxiety and improve health and productivity. People should speak with their doctor if they are experiencing sleep problems or call Cardinal Sleep Centers at (888) 740-5700 for more information.

Poll Methodology

The 2009 *Sleep in America*TM poll was conducted for the National Sleep Foundation by WB&A Market Research, using a random sample of 1,000 adults at least 18 years of age who were interviewed by telephone between September 22, 2008 and October 30, 2008. The margin of error is plus or minus 3.1 %

2009 Sleep in AmericaTM Poll Taskforce

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NSF and Cardinal Sleep Centers released the poll findings as part of its 12th annual National Sleep Awareness Week® campaign, held March 1-8, 2009, that culminates with the change to Daylight Saving Time on March 8th. With the change of clocks, NSF and Cardinal Sleep Centers wish to remind Americans that losing sleep is an important health consideration. For sleep tips, information on sleep disorders and a Summary of Findings for the 2009 *Sleep in America*TM poll, visit NSF’s Web site at www.sleepfoundation.org and Cardinal Sleep Center’s Web site at www.cardinalsleep.com.

About Cardinal Sleep Disorder Centers of America

Cardinal Sleep Disorder Centers of America provides accurate diagnosis and treatment for the full range of sleep disorders, including obstructive sleep apnea, restless legs syndrome, insomnia, narcolepsy and idiopathic hypersomnia. Eight convenient locations are available for patients in Bourbonnais, Joliet, Morris, Ottawa, Peru, St. Charles and

Tinley Park. Cardinal Sleep experts include board-certified sleep physicians and registered technologists that uphold the highest standards in quality sleep-related care.

NSF Background

National Sleep Foundation (NSF) is a nonprofit organization dedicated to improving sleep health and safety by achieving greater awareness of sleep and sleep disorders through education and advocacy. NSF's membership includes researchers and clinicians focused on sleep medicine as well as other professionals in the health/medical/science fields, patients, people affected by drowsy driving, individuals, and more than 900 healthcare facilities throughout North America that join the Foundation's Sleep Care Center Membership Program.

NSF does not solicit nor accept funding for its annual *Sleep in America*TM polls; NSF polls are developed by an independent task force of sleep scientists and government representatives who provide guidance and expertise in developing the poll questionnaire and analysis of the data. National Sleep Foundation is based in Washington, DC. NSF can be found online at www.sleepfoundation.org, with information on former polls and a database of sleep professionals throughout the United States, who may be contacted to comment on this story or refer patients to be interviewed.

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