



## **Health Advisory: Adult Sleep Duration**

Although individual sleep needs vary, the American Academy of Sleep Medicine recommends that adults should sleep 7 or more hours per night on a regular basis to promote optimal health, productivity and daytime alertness. Healthy sleep reduces the risk of drowsy driving, workplace accidents, mental health problems such as depression, obesity, and medical conditions such as heart disease and Type 2 diabetes.

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The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards ([aasm.org](http://aasm.org)).

A searchable directory of AASM-accredited member sleep centers is available at [sleepeducation.org](http://sleepeducation.org).