

**Most adults need about 7-9 hours of quality sleep each night.**

Good sleep improves your ability to make decisions.

Good sleep lowers your chances of infections and chronic diseases.



# SLEEP HYGIENE

**Sleeping well is critical for good health.**

## Repaying sleep debt

**To settle short-term debt (in case you have not slept well for a week or so):** add some extra hours of sleep each night the following week and few more on weekends.

**To settle a long-term debt (in case you have not slept well for years):** plan a vacation, turn off the alarm clock and sleep in the night until you wake naturally.

### Avoid backsliding into a new debt cycle:

- Follow a routine, factor in sleep hours
- If you lose sleep on weekdays, make up for lost sleep on weekends

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