

## **REST AND REVIVE**

## Simple solutions for a good night's sleep



## Week 2: Learn how much you need and pay off your sleep debt

After a week of keeping your logs, you may be wondering how much sleep you actually need. According to the **National Sleep Foundation**, there's no "magic number" – but most adults need seven to eight hours to feel healthy.

Each night you get less than that, you increase what's known as your *sleep debt* – sleep lost to stress, poor health, keeping odd hours, or other factors. Like credit card debt, it adds up over time. And it can do a lot of damage to your health.

The good news is you can pay it off. Check out the useful tips and strategies for reducing sleep debt in **this series** of articles at *Forbes*. And next week, we'll help you form a simple, personalized action plan for getting out of the red.

## Getting serious about sleep

Skimping on sleep can lead to serious issues over time. To learn more about the consequences of sleepless nights, download "In Brief: Your Guide to Healthy Sleep" from the National Institutes of Health.

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