

Are You Getting Enough Sleep?

In order to be productive at the office and energized at home, you need to get enough sleep. The average amount of sleep needed is typically 7 to 9 hours. An increase in irritability and loss of ability to make decisions are signs of too little sleep. Difficulty falling asleep and staying asleep, or waking up too early are all signs of insomnia.



Sleepiness, anxiety, impaired concentration, impaired memory and irritability are also symptoms of insomnia.

Here is a test to tell if you are getting enough sleep:

- Do you need an alarm clock to wake up in the morning?
- If so, do you usually press the snooze button?
- Do you feel like you need a nap during the day?
- Do you fall asleep while watching TV?
- Does reading a book make you sleepy?

If you answered yes to any of these, you may have a sleep disorder. Consulting your physician is advised, and yes, help is available!
