



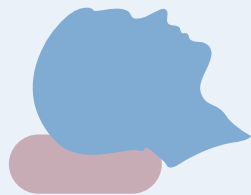
Do you stay up at night counting sheep?

Good sleep habits are vital to your health, but some of the most well-known sleep tips may contain just a kernel of truth.

Myth vs. Fact

MYTH

You need **8 hours** of sleep a night.



1

FACT

While most people function best with 7 to 8 hours of sleep, the normal range spans from **6 to 10** hours per night. Rather than focusing on a number, consider how you feel the following day when determining how many hours you need.



MYTH

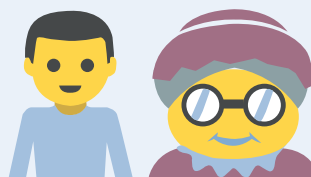
Children **don't get** obstructive sleep apnea.



2

FACT

Although the risk of obstructive sleep apnea increases with **age and being overweight**, even younger people (including children) can have significant sleep apnea.



MYTH

During sleep,
your brain rests.



3

FACT

While the body rests during sleep, the **brain remains active**. It continues to control important body functions during sleep, such as breathing and regulating body temperature.



MYTH

Insomnia is
best treated
with medication.



4

FACT

Although medication is sometimes useful in treating insomnia, cognitive behavioral therapy — along with **practicing good sleep habits** — works best in the long-term.



From the expert

“Sleep is a vital part of our lives. However, with our increasingly busy, electronic-filled lifestyle, sleep has been put on the back burner. With so many Americans suffering from the consequences of poor sleep, it’s important to understand the facts and seek help when a sleep disorder is suspected.”



— Dr. Victoria Sharma, sleep expert at Sharp Grossmont Hospital