



Sleep: Getting a Good Night's Worth

Like good nutrition and exercise, adequate sleep is part of a healthy lifestyle. Sleep deprivation is an unrecognized cause of many problems, including accidents, illness, and poor job performance. It affects many people, and it's on the rise.

Locate the article *Sleep: Getting a Good Night's Worth* on *Health Connected's Health Library** today to find out how your sleep habits could be affecting you, and what you can do to get a good night's sleep. The article includes sections on:

- How much sleep is the right amount of sleep;
- Problems caused by sleep deprivation;
- Sleep disorders; and
- Tips on getting a good night's sleep.