

We're not getting enough sleep

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WHYY:

If you're feeling sleep-deprived, you're not alone. New numbers from the Centers for Disease Control shows that more than one-third of American adults are not getting the recommended amount of sleep on a regular basis. Those seven-plus hours of shut eye are important for all sorts of daily functions: from memory to physical health, and the CDC research gives a disturbing glimpse of just how poorly we're doing across the country. We'll break down the CDC study with SIGRID VEASY a professor of medicine at University of Pennsylvania Perelman School of Medicine and a member of the Center for Sleep and Circadian Neurobiology. And we'll be joined by CHRISTOPHER BARNES, an associate professor of management in the Foster School of Business in the University of Washington to talk about how sleep influences work-related outcomes, as well as how work influences sleep.

Read the whole story: [WHYY](#)