

SLEEP DEPRIVATION CAUSES, SYMPTOMS, AND EFFECT



30-35%

have brief symptoms of insomnia.



5 to 20%

have a short-term insomnia disorder, which lasts less than three months.



30%

or more of the population suffers from insomnia during their lifetime.



10%

have a chronic insomnia disorder, which occurs at least three times per week for at least three months.



>50%

of Americans lose sleep due to stress and/or anxiety.



40%-60%

of people over the age of 60 suffer from insomnia.



4%

of US adults use sleep aids each year.



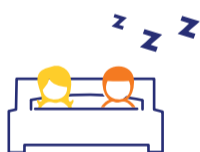
27%

likelihood of becoming overweight or obese due to insomnia.



20%

less sleep people get today than they did 100 years ago.



2x>

the amount women are likely to suffer from insomnia than men.



35%

of insomniacs have a family history of insomnia.



60%

of people have driven while feeling sleepy while driving.



37%

admit to having fallen asleep at the wheel in the past year.



90%

of people who suffer from depression also experience insomnia.

