



### **Statistics to Keep You Awake at Night**

- Thirty percent of kids wake up in the middle of the night and need attention at least once a night, causing parents to be awakened twice a week and lose 30 minutes of sleep each time.
- More than 25% of young children (infant to 5 years old) appear restless and tired during the day.
- The brain utilizes 20% of your total energy throughout the day and energy is gained through sleep.
- Sleep problems are reaching epidemic proportions, estimated to be the #1 health-related problem in America.
- Women are twice as likely as men to have difficulty falling and staying asleep.
- Childhood sleeplessness is a high risk factor for adolescent alcohol and drug abuse; children with sleep problems are twice as likely to abuse drugs when teenagers.
- It is estimated that 30 to 40% of children do not sleep enough.

*Sources:*

*WebMD the Magazine, May 2007*

*www.SleepMed.md*

*University of Michigan Sleep Study, April 2004*

*CNN, May 1997*