

# How Sleep Works – and What Happens When it Doesn't



## How important is sleep?

- One in three Americans gets less than the recommended amount of sleep.
- If you get less than seven hours of sleep at night, it increases your risk for chronic health conditions like obesity, diabetes, and cardiovascular disease.
- Sleep affects both mental and physical health.

## Lack of sleep is devastating

Sleep deprivation is associated with increased risk for dementia and Alzheimer's disease. It affects your mood and contributes to anxiety and depression. It even affects your work performance as your productivity, your creativity, and your focus all take a hit.

### Make your sleep better

Join the “How Sleep Works – and What Happens When it Doesn't” activity in **SmartHealth** through April 1, 2022. You will earn 100 points for completing this activity.

#### What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the **SmartHealth wellness incentive**.

#### Prefer mobile?



Download the Limeade mobile app (**iOS** or **Android**) and enter the code SmartHealth.

Smart  Health

Supporting you on your journey toward living well  
[smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov)