

SLEEP & SLEEP DISORDER FACTS

SLEEP LOSS

- Nearly 70 percent of American adults report insufficient sleep at least once a month, and 11 percent report insufficient sleep every day of the month.
- About one-third of American adults report sleeping less than the recommended 7 hours of sleep per night, which is associated with an increased risk of developing obesity, diabetes, high blood pressure, coronary heart disease, stroke, frequent mental distress, and all-cause mortality.
- Insufficient sleep costs the United States \$411 billion annually.¹
- Drowsy driving leads to an estimated 100,000 crashes each year, killing an estimated 6,400 people in the U.S. alone, and resulting in more than 71,000 injuries and \$12.5 million in damages annually.²

SLEEP EQUITY

- Sleep disparities disproportionately impact socioeconomically disadvantaged, LGBTQIA+, and racial and ethnic minoritized communities. These disparities lead to worse sleep health, more sleep disorders, and insufficient treatment of sleep conditions, contributing to disproportionate impacts on physical and mental well-being.³

SLEEP DISORDERS

- 50-70 million Americans are affected by a chronic sleep disorder, yet the majority of these individuals are without accurate diagnosis or treatment.⁴
- Millions of Americans wait 10 years or more to receive a proper diagnosis of a sleep disorder.
- Untreated sleep disorders can be linked to an increased risk for accidents, anxiety, memory issues, obesity, high blood pressure, heart disease, diabetes, depression, and strokes.
- Many children are referred to behavioral programs when they should be referred to a sleep specialist.
- Sleep disorders cannot be mitigated by sleep tips and need to be addressed by a sleep specialist. Treatment options are available.



OUR MISSION

Project Sleep is a 501(c)(3) non-profit organization aiming to improve public health by educating individuals about the importance of sleep health, sleep equity, and sleep disorders. Project Sleep educates and empowers individuals using events, campaigns, and programs to bring people together and talk about sleep as a pillar of health.

Sleep Helpline

Project Sleep's Sleep Helpline™ is a free national helpline providing personalized support and resources for people facing sleep issues and sleep disorders.



Rising Voices

Project Sleep has trained over 160 Rising Voices™ speakers living with sleep disorders around the world to share their personal stories to raise awareness and reduce stigma of sleep disorders.



Jack & Julie Narcolepsy Scholarship

Project Sleep's Jack & Julie Narcolepsy Scholarship has awarded over 200 scholarships (over \$200,000) to college students living with narcolepsy or idiopathic hypersomnia.



Sheyanne,
2023 Recipient

Tyler,
2022 Recipient

Let's make sleep cool!

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SLEEP AND MENTAL HEALTH

- Poor sleep health can lead to the development of neurological and psychiatric disorders including depression and anxiety disorders, memory problems, and dementia, including Alzheimer's disease.
- Poor sleep is associated with an approximately 3-fold risk of suicidal ideation, suicide attempts, and death by suicide in both youths and adults.
- Undiagnosed sleep disorders are linked to higher suicide rates in adolescents. Adolescents with undiagnosed sleep disorders exhibited an over 3-fold increase in the likelihood of experiencing suicidal ideation compared to their peers without such sleep disorders.⁵

WHY AWARENESS MATTERS

- Medical professionals are, on average, receiving less than two hours of education on sleep health and sleep disorders during their entire medical education.⁶
- Due to lack of awareness and inaccurate media portrayals of sleep disorders, most Americans (including doctors) are not familiar with basic signs of sleep disorders.
- This lack of awareness contributes to delays in accurate diagnoses lasting years or even decades, leaving people with sleep disorders without access to care and treatment, and putting them at greater risk of safety concerns and the development of costly, serious comorbidities.

Citations

1 Hafner M, Stepanek M, Taylor J, Troxel WM, van Stolk C. Why Sleep Matters-The Economic Costs of Insufficient Sleep: A Cross-Country Comparative Analysis. *Rand Health Q.* 2017 Jan 1;6(4):11.

2 AAA Foundation for Traffic Safety and The National Highway Traffic Safety Administration.

3 Jackson CL, Walker JR, Brown MK, Das R, Jones NL. A workshop report on the causes and consequences of sleep health disparities. *Sleep.* 2020 Aug 12;43(8):zsaa037.

4 Institute of Medicine (US) Committee on Sleep Medicine and Research. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem.* Colten HR, Altevogt BM, editors. Washington (DC): National Academies Press (US); 2006. PMID: 20669438.

5 Bender, K., PharmD, MA (2023, August 7). *Disordered Sleep Linked to Increased Risk of Suicide in Youth.* *Psychiatrictimes.com.* www.psychiatrictimes.com/view/disordered-sleep-linked-to-increased-risk-of-suicide-in-youth

6 The Division of Sleep Medicine (n.d.). *Medical Education.* Harvard Medical School. sleep.hms.harvard.edu/education-training/medical-education



Sleep Advocacy Program

Project Sleep's Sleep Advocacy Program includes year-round education, awareness and grassroots policy efforts, along with the annual Sleep Advocacy Forum bringing together key sleep and policy leaders in Washington, DC each fall.

Julie Flygare, JD founded Project Sleep in 2013 after being diagnosed with type 1 narcolepsy with cataplexy at age 24 in 2007.

Flygare currently serves as President & CEO of the organization.

She is an accomplished speaker and the award-winning author of *Wide Awake and Dreaming: A Memoir of Narcolepsy.*

In March 2022, she delivered the TEDx Talk, "What Can You Learn from a Professional Dreamer?"



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