

Sleep is vital for well-being, problem-solving, and decision-making. Getting enough sleep also helps people control emotions and cope with change. Unfortunately, one in three American adults doesn't get the sleep they need. In recognition of National Sleep Awareness Month, explore the resources below and visit your Achieve Solutions website to learn more.



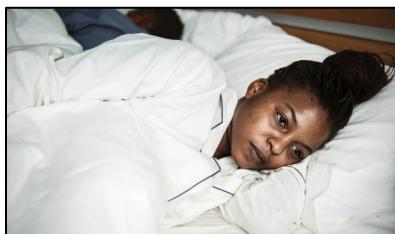
**Why we need healthy sleep:** Sleep is crucial. It is a basic need for infant, child, and adolescent growth. For adults, good sleep is central to overall health, both physical and mental. Yet, many of us don't get enough.

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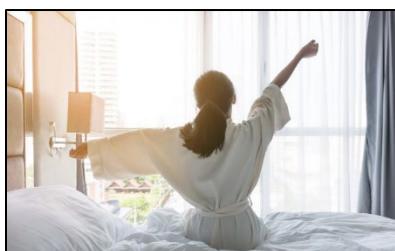
**Obstacles to good sleep:** Sometimes, sleep disorders are to blame for poor or little sleep. Other times, lifestyle choices or events disrupt sleep patterns. Although you can't control everything, there are ways to overcome many hurdles to getting a good night's rest.

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**Sleep and mental health:** If you can't fall or stay asleep, you may have insomnia. In some cases, insomnia can be a sign of another health problem, such as anxiety or depression. On the flip side, insomnia can also raise your risk for these same disorders.

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**The importance of dream sleep:** Everybody needs sleep to stay well. But did you know we also need to dream? Most dreams happen during the REM (Rapid Eye Movement) stage of sleep. This stage is when the brain processes information, feelings, and memories.

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