



WebMD Kicks Off Sleep Awareness Week with Video Special on the Importance of Sleep

Dr. Azizi Seixas Joins *Expert Insights* with WebMD Chief Medical Officer Dr. John Whyte

New York, March 14, 2023 - - One-third of U.S. adults report that they usually don't get enough sleep, according to the CDC. Not getting the recommended amount of sleep (seven or more hours per night), for even one night can impact the way we feel, focus and fulfill our responsibilities throughout the day. Long-term, inadequate sleep can seriously affect your health, putting you at risk for chronic conditions such as type 2 diabetes, heart disease, obesity and depression. In addition to the amount of sleep one gets each night, quality of sleep is also essential.

A new WebMD [survey of 2,000 people](#) found that more than 73% of respondents rated their sleep quality as good over the past month, while 27% of respondents rate their sleep quality as bad. Of those who suffer from bad sleep quality, 33% say getting up to use the bathroom is the number one factor for interfered sleep, followed by having mental and emotional distress (24%) and experiencing hot flashes or night sweats (16%).

Getting a good night's sleep is a sought-after experience everyone can agree upon, and often people will experiment with different [tips and tricks](#) to ensure a full night's rest. Knowing that poor sleep quality is common in the U.S., WebMD is committed to spreading the word that sleep science is clear. Good quality sleep is essential for one's physical and mental health.

To kick off Sleep Awareness Week taking place March 12-18, WebMD has announced [Dr. Azizi Seixas](#), Associate Director, Center for Translational Sleep and Circadian Sciences at the University of Miami Miller School of Medicine, has joined the web series *Expert Insights* with [Chief Medical Officer, Dr. John Whyte](#) to discuss just how important is it to get good sleep. The episode titled [Prioritizing Quality Sleep for Overall Health](#) is now live on WebMD.com and explores how people can improve their sleep quality and what they should know including;

- **Start Your Day with Sleep:** when you get a good night's rest, your cognition and ability to memorize and articulate is far superior than if you hadn't gotten adequate sleep.
- **15 Minutes:** It should take the average person only 15 minutes to fall asleep once getting into bed. Anything longer than 15 minutes could indicate a type of insomnia.
- **Colder Is Better:** 67-68 degrees Fahrenheit is the best temperature for sleeping.
- **White Noise:** White noise is important when it comes to sleep, but it is suggested that the source of the noise should be placed outside of the room to block any noise from coming into the room where you are sleeping.

- **Snoring Is Not Just an Inconvenience:** Snoring can be an ominous sign that portends a potential health condition known as Sleep Apnea, a breathing disorder that can block partial or full airflow. If you snore, check with your doctor, and see if you should visit a sleep specialist to determine the level of severity.

“There are many reasons a high percentage of adults experience decreased sleep quality. Some factors may include one’s sleep environment, sleep habits, sleep disorders, or others. However, it is important to figure out the cause, so one can treat it and get some rest,” according to [John Whyte, M.D., MPH](#), Chief Medical Officer, [WebMD](#).

Methodology:

This survey was commissioned by www.mutesnoring.com and executed in partnership with WebMD and One Poll, as part of the new global 2023 Snoring and Sleep Report. WebMD consulted Rhinomed on the overall design of the methodology and questionnaire for the U.S. sample.

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