

1. **Mark your confusion.**
2. **Show evidence of a close reading.**
3. **Write a 1+ page reflection.**

Below are two articles about sleep:

Study: A Third of U.S. Adults Don't Get Enough Sleep

Source: Morgan Manella, CNN.com

You've heard it before, and you'll hear it again: Despite repeated recommendations for adults to sleep at least seven hours each night, a new study shows that more than one-third of us are not getting enough shut-eye. And they've pinpointed which states are the most sleep deprived.

The CDC study analyzed data from the 2014 Behavioral Risk Factor Surveillance System to determine whether adults are getting enough sleep. The survey respondents included 444,306 people in all 50 states and the District of Columbia. Researchers found that more than one-third of the adults reported sleeping less than seven hours in a 24-hour period.

Research has shown lack of sleep is associated greater risk of obesity, diabetes, heart disease, mental illness and other chronic conditions. The Centers for Disease Control and Prevention has even called inadequate sleep a public health problem. Adults 18 to 60 years should be sleeping at least seven hours a night, according to the Academy of Sleep Medicine and the Sleep Research Society, which are sleep-related professional associations.

"People just aren't putting sleep on the top of their priority list," said study author Anne Wheaton, PhD, an epidemiologist at the CDC. "They know they should eat right, get exercise, quit smoking, but sleep just isn't at the top of their board. And maybe they aren't aware of the impact sleep can have on your health. It doesn't just make you sleepy, but it can also affect your health and safety."

The study results suggest the need for public awareness and education about sleep health and workplace policies that ensure healthy amounts of sleep for shift workers, according to the study. Health care providers should also discuss the significance of healthy sleep duration with patients and identify why they aren't sleeping enough.

This study was the first to look at sleep hours on a state level, said Wheaton, which allowed them to map which states got more sleep than others. States in the Southeast and along the Appalachian Mountains reported the least amount of sleep, according to the study. The state with the lowest reported amount of sleep was Hawaii, and the states with the highest reported amount of sleep were South Dakota, Colorado and Minnesota.

State- and county-level data is important because it helps public health departments "see where the problem is most severe," said Wheaton.

For the past decade, about one-third of adults have consistently reported not getting enough sleep, according to Wheaton. She emphasized the importance of establishing good sleep habits, such as going to bed and waking up at the same time each morning; having a good sleep environment, where the bedroom is dark and at a good temperature; removing electronics from your bedroom; avoiding big meals, caffeine, and alcohol before bed; and exercising regularly.

If you're following these guidelines and are still having sleep issues, Wheaton suggests speaking with a physician to see if there is something else that needs to be done.

"It's a public health problem," said Wheaton. "The reason we are trying to draw attention to it is that first it affects such a large proportion of the population and second that it's tied to so many health conditions that are such a big issue."

What Snacks to Eat For Better Sleep

Source: Jacqueline Howard, CNN.com

Many people chug caffeine-packed coffee or scarf down an energy bar to wake up, but what should you eat to wind down?

More than a third of adults in the United States are not getting enough shut-eye, according to the Centers for Disease Control and Prevention.

So, to make sure that your bedtime snack can be effective in promoting sleep, some experts say it should contain one essential amino acid: tryptophan.

"There is a real lack of studies that show that specific nutrients can influence sleep, either better or worse. There are a few exceptions. Tryptophan has been shown to induce sleep," said Michael Grandner, director of the University of Arizona College of Medicine's Sleep and Health Research Program.

Tryptophan, an amino acid, might help you snooze because once it enters your body, it's converted into two brain chemicals associated with sleep: melatonin, which helps regulate your body's natural sleep and wake cycles, and serotonin, which causes relaxation and drowsiness.

"Tryptophan is the reason why it is widely perceived that a Thanksgiving dinner causes drowsiness, because of the tryptophan in turkey. However, other foods contain tryptophan, and some have more tryptophan than turkey," said Dr. Donald Hensrud, medical director of the Mayo Clinic Healthy Living Program and specialist in nutrition and preventive medicine.

Snacks containing high amounts of tryptophan include egg whites, soybeans, low-fat cheese, chicken and seeds, such as pumpkin or sesame, Hensrud said.

Foods rich in carbohydrates, lean in protein and low in fat also may boost the production of serotonin and melatonin, such as granola, unsweetened cereals or whole-grain crackers with milk, according to the University of Maryland Medical Center.

Have a sweet tooth? Pineapples, oranges and bananas also may be linked to increased melatonin levels, according to a small study published in the Journal of Pineal Research in 2012.

On the other hand, eating foods low in fiber but high in saturated fat and sugar is associated with a lower quality of sleep, such as having difficulty falling asleep or not spending as much time during your sleep cycle in a deep sleep. That's according to a small study published last year in the Journal of Clinical Sleep Medicine.

Spicy foods and caffeine before bedtime are also associated with impaired sleep -- and not only what you eat but when you eat can play a role in how well you snooze. One small study published in the Journal of Clinical Sleep Medicine in 2013 suggests that you should refrain from consuming caffeine within six hours of bedtime.

The CDC recommends avoiding large meals too close bedtime. Grandner said people can eat a big meal about four or five hours beforehand.

And what about late-night snacks? "It's never too late to eat a small snack," he said. "I might have a small snack about an hour before going to bed, but many nights, I don't."

People with gastroesophageal reflux disease, or acid reflux, should be careful not to lie down within three hours after a meal. That might trigger symptoms of reflux, which could interfere with sleep, Hensrud said.

Possible Response Questions:

- Do you get enough sleep? Why? Why not?
- What might you do to ensure you get enough sleep?
- Pick a passage from the article and respond to it.

