The *Dangers* *of* Fatigue

According to the Centers for Disease Control and Prevention, one-third of U.S. adults get less than the recommended amount of sleep. While it may not seem like a big deal, failing to get enough sleep can lead to variety of negative consequences, including the following:

Increased Risk of a Car Accident

The American Sleep Foundation found that nearly half of U.S. adults consistently drive drowsy. This is particularly concerning considering you're three times more likely to be in a crash if you're fatigued.

Decreased Work Productivity

If you're feeling tired and run-down at work, you're not going to be nearly as productive as you would be if you were well-rested. Fatigue is estimated to cost businesses about $136 billion annually in health-related lost productivity, according to the National Safety Council.

Increased Health Risks

Regularly failing to get enough sleep is linked with many costly chronic conditions like Type 2 diabetes, heart disease and obesity, as well as depression and chronic stress.

These are just three of the dangers of fatigue. To learn about how fatigue may be affecting you or what you can do to address fatigue, contact your doctor.

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