



# Health And Well-Being

## America's Moms Not Getting Enough Sleep

(NAPSA)—Today's modern mom, who often balances work, family life and household responsibilities, does not get enough sleep—a potentially chronic problem that can take a toll on the whole family. Results from a new survey reveal that only 14 percent of moms get a good night's sleep every day of the week and more than half say they would be better parents and be happier if they got more shut-eye.

Moms are the family CEO, which means they are “on call” 24 hours a day and juggle a variety of tasks. More than just lacking the time to get a good night's sleep, many mothers find themselves lying awake at night thinking about the next day's “to dos,” stressing about the family's finances or worrying about family issues. For those who consistently cannot fall asleep or remain asleep, it could be insomnia.

“As a working mother, I need to get a million things done in a day. When I get into bed at night, I'm often kept awake because my mind is so busy thinking about my next-day ‘to dos,’” said Debi Mazar, an insomnia sufferer for almost 20 years and series regular on the HBO hit “Entourage.” “As I struggle to fall asleep, I become more agitated because I know I'll be suffering the next day.”

In an effort to help other moms struggling with insomnia, Mazar has teamed up with sleep specialist Suzanne Griffin, M.D., FAPA, Clinical Psychiatrist, of George-



**Debi Mazar, insomnia sufferer and series regular on the HBO hit “Entourage.”**

town University Hospital, to lead the “Sleepless Moms” campaign. The campaign's goal is to let sleepless parents know that they are not alone and to provide useful information about sleep hygiene and educational resources on insomnia and its treatments.

Many moms do not get the recommended eight hours of sleep per night. In a survey, 71 percent of mothers reported getting an average of seven or fewer hours daily. Although sleep problems are common among mothers, many are reluctant to seek treatment. In fact, four out of five have never spoken to their doctor about their sleep problems, and 82 percent have never considered using a prescription sleep medication.

“Consistently not getting

enough sleep and lying awake at night worrying about day-to-day challenges could be more than just sleep deprivation—it could be a sign of insomnia,” said Dr. Griffin. “Many parents are afraid to take sleep medications because they feel they will become addicted and/or they want to be alert should their children need them in the middle of the night. Sleepless parents should talk to their doctor to find a treatment option that is right for them.”

As part of the “Sleepless Moms” campaign, Mazar and Griffin are encouraging parents to speak to their health care providers about their sleep problems and are providing helpful SLEEP tips:

- **Stick to a sleep schedule.** Go to bed and wake up at the same time each day, including weekends.

- **Lifestyle changes help.** Avoid alcohol and foods and drinks high in caffeine late in the afternoon and before bedtime.

- **Establish a relaxing bedtime routine** to help you wind down from your day before you get into bed (e.g., take a warm bath).

- **Environment is key.** Create a sleep environment that is cool, quiet, dark and comfortable.

- **Prioritize your day.** Avoid bringing work and responsibilities to bed.

For more information about the campaign and to get a copy of a free e-brochure, visit [www.sleeplessmoms.com](http://www.sleeplessmoms.com).