50 million to 70 million Americans who live with sleep disorders.

33.3 percent U.S. adults who are sleepy during daylight hours on a daily basis

Fewer than 7 hours
Amount of sleep that one-third of American adults get per night

$50 billion
The amount sleep disorders cost the U.S. a year in lost productivity

5,000 to 6,000
Fatal car accidents caused by drowsy or sleepy drivers each year

12 million to 18 million Americans who have sleep apnea

70 percent
The number of high school students who are not getting enough sleep on school nights

Source: National Institutes of Health, National Heart, Lung and Blood Institute