



The 2018 Sleep Foundation survey of sleep habits suggests that U.S. adults who get good, consistent sleep are also good at getting things done.



The Foundation warns that adults and children are consistently overscheduling their lives and neglecting their sleep needs — a habit that can jeopardize good health and may shorten lifespan.



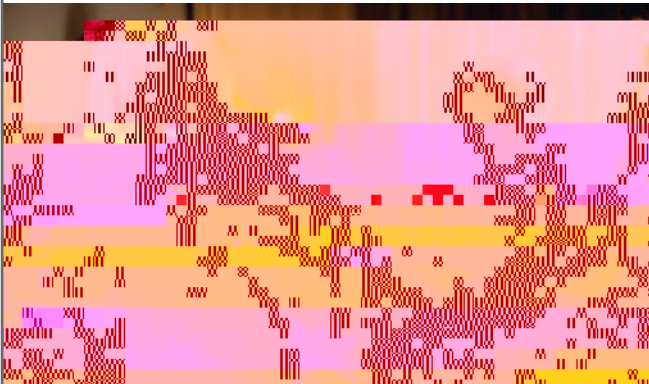
Sleep-health Rx

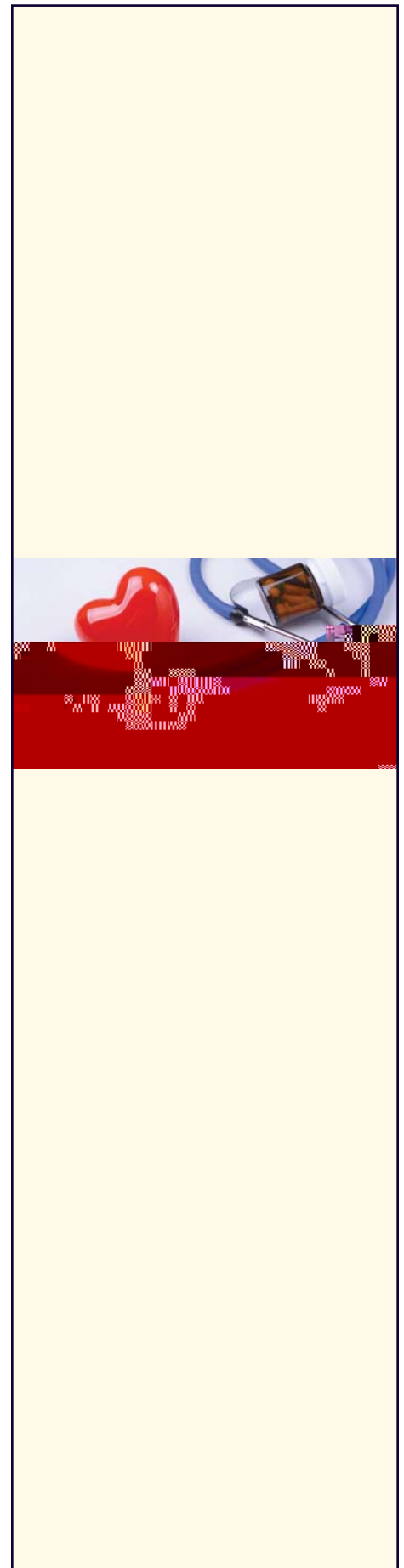


To sleep well, try exercise.



Stay aware of your sleep robbers.





For decades Americans have been advised to begin screening for colorectal cancer at age 50.



The new recommendation is



Colorectal cancer is the fourth most common cancer and second leading cause of U.S. cancer deaths.



Screening may lower the number of colorectal cancer deaths by half. A



You may need to begin screening even earlier than 45.

