

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

350 Fifth Avenue, 65th Fl.
New York, N.Y. 10118-0110

167 WORDS, 60 SECONDS

YOUR HEALTH

IF COUNTING SHEEP IS NOT WORKING FOR YOU, HERE ARE SOME FACTS YOU MAY WANT TO SLEEP ON: CHRONIC SLEEP DEPRIVATION CAN DO MORE THAN MAKE YOU TIRED—IT CAN SIGNIFICANTLY AFFECT YOUR HEALTH, SAFETY, PERFORMANCE, AND LIFESTYLE. MOST PEOPLE ARE SURPRISED TO LEARN THAT SLEEPING LESS THAN SIX OR SEVEN HOURS A NIGHT CAN INCREASE THEIR MORTALITY RISK MORE THAN SMOKING, HIGH BLOOD PRESSURE OR HEART DISEASE. LOSING AS LITTLE AS ONE AND A HALF HOURS OF SLEEP FOR JUST ONE NIGHT COULD RESULT IN A REDUCTION OF DAYTIME ALERTNESS BY AS MUCH AS THIRTY-TWO PERCENT. THIS LOSS CAN IMPAIR MEMORY AND THE ABILITY TO THINK. SLEEP DISTURBANCES MAY ALSO BE A SYMPTOM OF A MUCH LARGER PROBLEM, ESPECIALLY IF THEY ARE ASSOCIATED WITH IRRITABILITY AND MOOD SWINGS. THE DEPRESSION AND BIPOLAR SUPPORT ALLIANCE HAS LAUNCHED A NEW WEB SITE, [W-W-W--DOT--SLEEPLESS-IN-AMERICA--DOT--ORG](http://w-w-w--dot--sleepless-in-america--dot--org). THE SITE OFFERS EDUCATIONAL RESOURCES THAT PROVIDE SCREENING FOR SLEEPLESSNESS AND INFORMATION ON WHEN TO SEE A DOCTOR.