Catch your zzzzz's

7% – 19%

Adults who say they don't get enough sleep at night

50 – 70 Million

Americans with chronic sleep disorders

40%

Adults who fall asleep during the day at least once a month

$411 Billion

Economic impact of insufficient sleep per year

7 Hours

The recommended amount of sleep for a healthy adult

Rejuvenate your body each day for a fresh start.

Visit the Live Healthy section of www.BlueChoiceSC.com to learn more.

BlueChoice HealthPlan
South Carolina

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