

# Too much Super Bowl can mean too little sleep

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(HealthDay)—Your Super Bowl party this Sunday may leave you feeling

beat on Monday morning, a new survey finds.

A survey from the American Academy of Sleep Medicine found that nearly 40% of U.S. adults are more tired than usual the day after the Super Bowl.

"It's easy to stay up too late after enjoying a night of football, food and friends," said academy President Dr. Kelly Carden.

"To get the sleep you need after the Super Bowl, it is recommended that you plan ahead and prioritize your bedtime on Sunday night to avoid a tired day at work on Monday," Carden said in an academy news release.

Here's a post-Super Bowl sleep plan:

- Don't eat or drink after halftime. Heavy eating and drinking can make it hard to sleep.
- Turn the TV and other [electronic devices](#) off after the game. Don't stay up for postgame commentary on [social media](#). Take time to unwind.
- Make bedtime a priority. You need at least seven [hours of sleep](#) to feel your best in the morning, so don't go to bed too late.

**More information:** For more on getting a good night's sleep, see the [National Sleep Foundation](#).

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