

Reasons Americans Are Not Getting Enough Sleep

by Baron von Funny

A new study by the CDC found that 35% of American adults are not getting enough sleep on a regular basis, failing to meet the 7-hour minimum recommended for people ages 18-60. So what's behind this lack of slumber?

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—Can never remember which one is Mary-Louise Parker and which one is Mary Stuart Masterson. (*Tenessa*)

—Can't snarf down an embarrassing amount of cookies until everyone else goes to bed. (*Mike*)

—The painful, three-hour-and-59-minute wait to determine if their erection requires medical attention. (*Brandon*)

—Too busy looking for work after being fired from previous jobs for wasting company time googling "How to prevent your job being outsourced to China". (*Jameson*)

—Countless nights getting sucked into reading archived editions of TV Guide. (*Matt*)

—That Courtney Thorne-Smith Cold Plasma Sub-D infomercial where she's slowly rubbing on eye makeup in a bathrobe only airs at 3:00 a.m. and I don't have a DVR. Er, I mean, *they* don't have a DVR. Americans don't have a DVR. That's why they're up at that hour. (*Joe*)

—Plagued with worry over the underqualified candidate Trump put forward to head the U.S. Department of Sleep. (*Jameson*)

—Keep suddenly picturing Ken Burns having an orgasm right as they're about to drift off. (*Brandon*)

—Shifty Mexicans sneaking across the border and sleeping on Americans' behalf. (*Jameson*)

—Unable to shake off the deeply troubling footage of Minnesota Vikings football they've been repeatedly exposed to on national TV this season. (*Brandon*)

—They aren't getting their daily recommended allowances of pasta and Benadryl. (*Tenessa*)

—Their sleep-tracking app keeps waking them up with alerts reminding them to get more sleep. (*Jameson*)

—Small percentage are simply huge, deeply literal Tom Hanks fans who happen to live in the Seattle area. (*Brandon*)

—The average taco contains 35mg of caffeine, and the average American contains 25-30 tacos. (*Jameson*)

—Not all that tired after spending so much time sleeping while texting while driving. (*Brandon*)

—Midnight airings of *Murder, She Wrote* are leaving people too jacked-up on Lansbury to sleep. (*Mike*)

—Listen, we're gonna get enough sleep OR drink enough water. It's not gonna be both. (*Jameson*)

—Probably shouldn't have installed that air horn in the grandfather clock. (*Brandon*)

—They'll sleep when they're dead! (Which, given the recent election results, will undoubtedly be sometime in mid-to-late 2017.) (*Joe*)

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