

Make Sure Your Room is a "Sleep Zone"

- Keep it cool.
- Block noise and light
- If you have to sleep during the day, block light from windows completely.
- Ask your family to help keep area quiet.
- If you must, eat a small healthy snack like an apple before bed. Big meals will keep you uncomfortably awake when it's time to sleep and sleepy when you should be awake.



Encourage your workers to make sufficient sleep a priority for their health and safety. They'll be less stressed, work safer and be more pleasant to be around.

Lack of Sleep



Fatigue can be defined as a heightened feeling of lack of energy, tiredness, and exhaustion. There are many possible physical and psychological causes of fatigue. A common one is related to a person's work or workplace. Job dissatisfaction, heavy workload, and shifting schedules can contribute to the development of fatigue.

You've seen evidence linking lack of sleep with drowsy driving and road rage. Lack of sleep depresses the immune system, leaving you more susceptible to disease and cancer.

What are *YOU* worried about? Let us know safety topics that could help keep your workplace safe!

Strange But True

- It is impossible to tell when someone is asleep without medical tests. People cat-nap with their eyes open all the time.
- There have been three notable disasters in which lack of sleep played a role.
- The Exxon Valdez oil spill
- The space shuttle Challenger explosion
- The Chernobyl nuclear power plant explosion.
- Being exposed to noise at night can depress your immune system, even if you don't wake up.



• If you fall asleep in fewer than five minutes at night, you're sleep deprived.

• Ducks sleep with just half of their brains. The other half stays alert for predators.

• Teens and children need about 10 hours of sleep per night, Adults between 25 and 55 need eight.

• Ten percent of people who snore suffer from sleep apnea, a condition which causes sufferers to stop breathing, sometimes hundreds of times per night. Sleep apnea also raises your risk of heart disease and stroke.

• The record for spending the longest time awake, according to the Guinness Book of World Records is 276 hours, set by Toini Soimi of



Finland in 1985. Guinness no longer accepts sleep deprivation attempts due to the health risks. Sleep deprivation is known to cause confusion, memory loss, extreme mood swings and irritability. In extreme cases it has been seen to lead to hallucinations and brain damage.

• A new baby costs its parents between 400 and 750 hours of lost sleep in the first year.

