RESTORE YOUR REST

IMPORTANCE OF SLEEP EDUCATION IN THE WORKPLACE
INSUFFICIENT SLEEP IS A PUBLIC HEALTH EPIDEMIC IN THE UNITED STATES [1]

76% of Americans want to improve the quality and quantity of their sleep.

60% of adults have sleep problems a few nights a week or more.

30% of the U.S. civilian adult workforce reported getting 6 hours or less of sleep per day.
GOAL
Increase public knowledge of how adequate sleep and treatment of sleep disorders improve health, productivity, wellness, quality of life, and safety on roads and in the workplace.

OBJECTIVES
1. Increase the proportions of persons with symptoms of obstructive sleep apnea who seek medical evaluation

2. Reduce the rate of vehicular crashes per 100 million miles traveled that are due to drowsy driving

3. Increase the proportion of adults who get sufficient sleep
HEALTHY PEOPLE

2020

VISUAL OBJECTIVES

Increase the proportion of persons with symptoms of obstructive sleep apnea who seek medical evaluation

Reduce the rate of vehicular crashes per 100 million miles traveled that are due to drowsy driving

Increase the proportion of adults who get sufficient sleep
SLEEP DEPRIVATION STATISTICS

- 37% of 20-39 year-olds report short sleep duration
- 40% of 40-59 year-olds report short sleep duration
- 100,000 deaths occur each year in US hospitals due to medical errors and sleep deprivation have been shown to make a significant contribution. [3]
THE COST OF SLEEP DEPRIVATION

Health

$16 BILLION
Spent by US companies on healthcare expenses related to sleep

Safety

$31 BILLION
Cost of sleep-related workplace accidents & mistakes

Productivity

$63 BILLION
Lost by US companies due to lower productivity caused by poor sleep
IDENTIFYING THE ISSUE: TARGETING ONE ACTION

SLEEP INSUFFICIENCY
EFFECTS OF SLEEP INSUFFICIENCY

PRODUCTIVITY
- Increase in absenteeism and presenteeism
- Impaired attention span

HEALTH
- Weight gain
- Mental health
- Rise in stress hormone
- Diminished immune system
- Decreased insulin sensitivity

COGNITIVE ABILITY
- Diminished creativity
- Lack of focus
- Executive functioning compromised
- Increase in risk of errors

SAFETY
- Increase risk of workplace accidents
- Accidents on commute home
HOW TO IMPROVE YOUR SLEEP

https://youtu.be/3eLfn7Ewx_s
WHAT IMPROVED SLEEP COULD DO FOR YOU...

- Increased overall health & well-being
- Decreased medical costs
- Increased work performance & productivity
- Increased quality time spent with loved ones
SLEEP NEEDS BY AGE GROUP

Adult: 7 – 9 hours
Teenager: 8 – 10 hours
Child 6 – 12 years: 9- 12 hours
Child 3 – 5 years: 10 – 13 hours (including naps)
Child 1 – 2 years: 11 – 14 hours (including naps)
Infants 4 -12 months: 12 – 16 hours (including naps)
RESTORE YOUR REST
SLEEP EDUCATION RESOURCE TOOLKIT

- Creates awareness about the topic
- Identifies problem with educational material
- Explains the effectiveness of a Lunch and Learn
- Relevant visual aids from Pinterest and Youtube
- Examples of topics of discussion
- Marketing flyers
VALUE OF A HEALTH NEEDS ASSESSMENT

- Health needs assessment is the systematic approach to ensuring that the health service uses its resources to improve the health of the population in the most efficient way
- Increase in audience engagement because material is tailored to their needs. [8]
SLEEP EDUCATION ACTION PLAN: CREATE AWARENESS TO EMPLOYEE

- Hang sleep education flyers around your office promoting an RSVP lunch and learn
- Restrict work to office hours
- Encourage employees that don't sit near a window with natural light to maybe take a walk outside
- Genuinely encourage paid time off
- Sleep 7-9 hours per night and share your results to encourage success
- Customize your lunch and learn education to your population
LUNCH AND LEARN AGENDA

- Introduction Basic Sleep Science
- Why Does Sleep Matter?
- Safe Sound Sleep
- Tailored Sleep Strategies
- Resources & References
- Q & A
RECOMMENDATIONS

1. Use the Fixed Commitment Calendar and prioritize a sleep schedule

2. Create a Bedtime Ritual: guided meditations, fictional reading, light yoga

3. Actively use the National Sleep Foundation's sleep diary for at least one week

4. Invest in a fitness band that tracks your sleep nightly
RESOURCES

[4] https://www.limeade.com/2018/05/watch-webinar-on-demand-the-working-dead/?utm_campaign=Optisom%20webinar&utm_medium=email&_hsenc=p2ANqtz-9-lhnK9Cn57_rWxTBAVn2X6MHSn_Qfm-g0EFlHc2-jNIWxtvO-bAGtxyeov0Pa-cawtIMxdREtcoci0lCzgTg4yo79uEVwdTl5sabBtGTeOpJObJ0&_hsmi=62966724&utm_content=62966724&utm_source=hs_email&hsCtaTracking=ebb7b737-16e6-454a-997a-c5b21d2d4c50%7Cc7e8ac2a-0f77-4c22-a45b-f0198bba189a
[8] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1113037/