

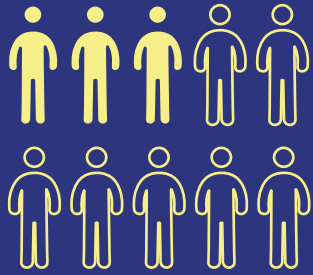


ARE YOU GETTING A GOOD NIGHTS SLEEP?



NOT ENOUGH SLEEP

In the U.S.
3 in 10 working adults sleep 6 hours or less in a 24-hour period.



HEALTHY SLEEP



Increases

- ★ Concentration
- ★ Attention
- ★ Creativity
- ★ Social skills
- ★ Immunity
- ★ Energy



Decreases

- ★ Mood swings
- ★ Stress
- ★ Irritability
- ★ Impulsiveness
- ★ Accidents
- ★ Overeating



LACK OF SLEEP

40 Million Americans

According to the National Sleep Foundation at least 40 million Americans suffer from a sleep disorder. Failing to get enough sleep can have both short-term and long-term effects, reduced performance at work, and cause irritability or depression.

Poor quality sleep is one risk factor that can contribute to cardiac rhythm disorder, hypertension, chronic headaches, alertness problems, mental acuity issues, irritability, and attention deficit-like behavior.

36%

Sleep deprived employee made more errors at work compared to the non-sleep deprived.

\$411,000,000,000

CDC reports 1.2 million lost working days and up to a \$411 billion cost to the economy each year because of insufficient shut-eye.

70%

Sleep deprivation increases the likelihood of a workplace accident by 70%.

HEALTH RISKS

Sleeping Six (6) hours or less per night increases risk for:



Obesity
21%



Stroke
22%



Diabetes
25%



Heart Disease
35%



WARNING SIGNS

- 1 Start to doze off while driving.
- 2 Rely on caffeine to stay awake.
- 3 Forgetful or make mistakes.
- 4 Feeling irritable, cranky, or snippy.
- 5 Feel fatigued or lack of energy.
- 6 Getting sick frequently.

Sources: <https://sleepeducation.org/little-sleep-big-cost-infographic> • <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits> • https://cdc.gov/sleep/about_sleep/sleep_hygiene • <https://sleepeducation.org/seven-signs-you-need-more-sleep>