

Essentials of Sleep – English

OCTOBER WEEK 3

Not getting enough sleep is frustrating! Lack of sleep can lead to increased levels of stress and decreased levels of productivity. In fact, the National Commission on Sleep Disorders estimates that sleep deprivation costs \$100 billion every year in injuries, death and property damage. Operating vehicles or other equipment when not fully rested can result in catastrophic events. Working late or night shifts can also create sleep disturbance and associated excessive sleepiness. Sleepiness/fatigue in the work place can lead to poor concentration, absenteeism, accidents, errors, injuries, and fatalities. Shift work sleep disorder is a “circadian rhythm sleep disorder.” Circadian rhythm refers to the 24 hour rhythmic output of the human biological clock. It is considered a disorder because of the frequency with which people suffer from sleep disturbance and excessive sleepiness in trying to adapt to a shift work schedule. These approaches can assist you in minimizing risks and staying safe...



- Do not operate equipment when sleepy. If sleepy, take proper action to prevent an incident.
- If you can't fall asleep within 20 minutes, get out of bed and do something relaxing until you feel sleepy. Avoid bright lights while you are up. The light will cue your brain that it is time to be awake.
- As possible, be on a schedule and get to bed and awake close to the same times every day. Developing a regular rhythm for your sleep cycle will make you feel healthier and more alert during the day.
- Do not use bed as a work center. This will help your body to understand that when you lie down in bed, it is time to sleep.
- Refrain from ingesting caffeine, nicotine, and alcohol at least 4-6 hours before bed. Many substances found in everyday foodstuffs can inhibit sleep. Be sure to examine the contents of any late-night snack.
- A light snack before going to bed may assist you in being sleepy... A stomach that is too empty can interfere with the sleep cycle.
- Use sunlight to help develop a sleep routine.
- Develop a set of practices to cue your body that it is time to shut down. Condition your body with a set of pre-bedtime rituals that will help your body recognize when it is time to slow down and rest.

Fatigue and sleepiness impair reaction time, judgment and vision; cause problems with information processing and short-term memory; and decrease performance, vigilance and motivation. Source: National Sleep Foundation

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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: Electrical Professional Services, Inc.

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____