

SAFETY MINUTE

Annika Kallstrom



THEN VS NOW

1950 → 8.0 hours

2019 → 6.5 hours

WHY DOES IT MATTER?



- 6,000 annual fatalities
- 3-5 years of brain aging
- 33% increase in risk of dementia
- 3x more likely to catch a cold
- Difficulty multitasking
- More prone to mistakes
- Increased anxiety and depression

TIMELINE

24 Hours ————— Same .10 percent blood alcohol level

36 Hours ————— Microsleep – brief period of sleeping up to 30 seconds

48 Hours ————— More severe microsleep, hallucinating




WHAT TO DO?



AVOID

- Caffeine late in the day
- Screens before bedtime



EVERY TIME WE TURN ON A LIGHT,
WE ARE INADVERTENTLY TAKING A
DRUG THAT AFFECTS HOW WE SLEEP.

Charles A. Czeisler



DO

- Expose yourself to natural light
- Improve your sleeping environment
- Exercise
- Keep a set schedule
- Create a nighttime routine that works for you that you look forward to
- Have a plan to catch back up



QUESTIONS?

Information Sources:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation>

<https://www.sleepfoundation.org/sleep-deprivation/effects-of-sleep-deprivation>

<https://www.healthline.com/health/sleep-deprivation/sleep-deprivation-stages#see-a-doctor>



THANK YOU

Annika.Kallstrom@chelanpud.org

509-661-4165