

Board of Commissioners' Meeting

Safety Minute: Sleep Health

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March is National Sleep Awareness Month.



Why is sleep so important?

- Essential for general health and well-being
- Sleep deprivation can lead to:
 - Fatigue and daytime sleepiness.
 - Decreased performance, concentration, and memory during the workday.
 - Chronic health problems, such as depression, obesity, cardiovascular disease, and type 2 diabetes.
 - Higher risk of accidents.

What are some factors that negatively affect sleep health?



What can you do to improve your sleep health?



Specific Considerations for Night Shift

- Bright lights at work
- Nap before your shift
- Regular daily schedule
- Longest sleep soon after getting home
- Dark, quiet bedroom



If you have regular sleepless nights,

- Contact your healthcare provider and seek treatment
 - Sleep apnea
 - Restless legs syndrome

[National Sleep Foundation](https://www.nationalsleepfoundation.org)
[thensf.org](https://www.nationalsleepfoundation.org)



Thank you!