

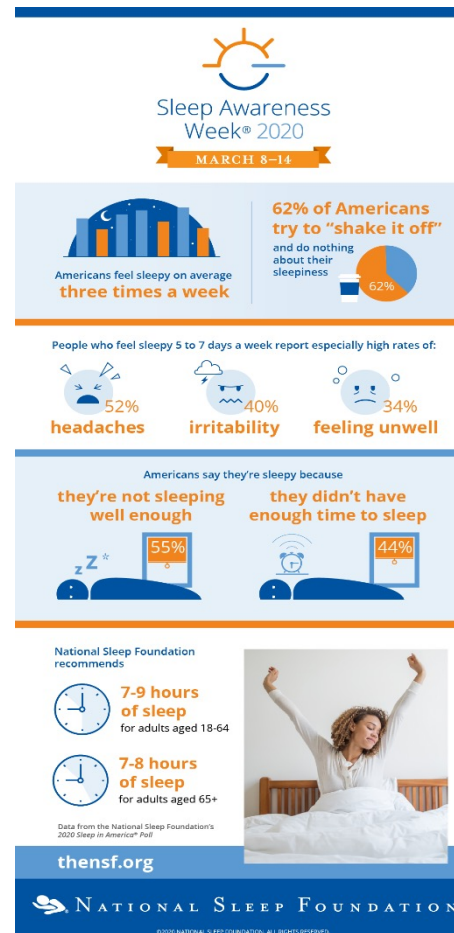
# Sleep: Yours is a Safety & Wellbeing --- Priority

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# Sleep Awareness Week



# What's All The Fuss about Sleep?

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- “Insufficient sleep is a Public Health Epidemic” Centers for Disease Control and Prevention
- 30% of US adults suffer from sleep deprivation *Centers for Disease Control and Prevention*
- \$31 Billion estimated cost of sleep related workplace accidents and mistakes. Institute of Medicine of the National Academies

# Why is Sleep Important?

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- Healthy Brain Function and Emotional Well-Being
- Physical Health
- Daytime Performance and Safety

# Sleep is a Basic Need



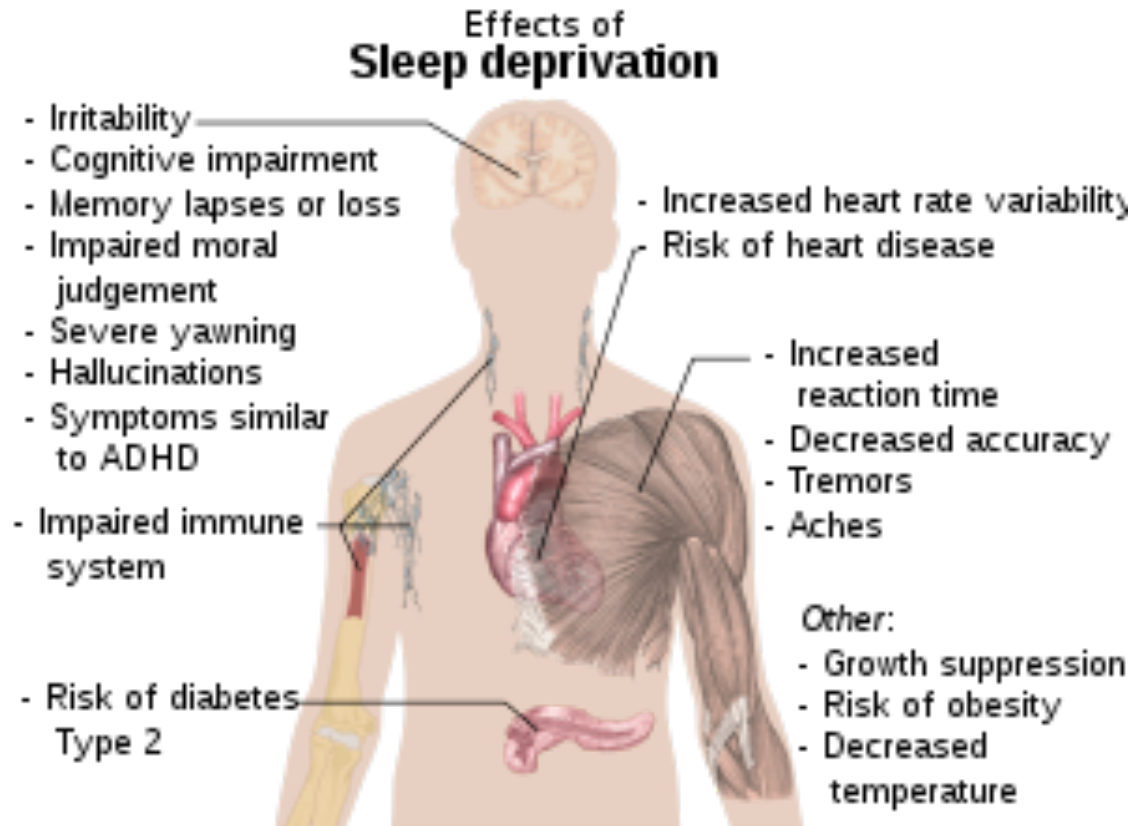
# How Much Sleep Do You Need?

Age	Recommended Amount of Sleep
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a day
Teens aged 13-18	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

# What is Sleep Deprivation?

- You don't get enough sleep
- You sleep at the wrong time of day (out of sync with your body's natural clock)
- You don't sleep well or get all the different types of sleep that your body needs
- You have a sleep disorder that prevents you from getting enough sleep or causes poor quality sleep

# Effects of Sleep Deprivation



- Sleep deficiency can lead to physical and mental health problems, injuries, loss of productivity, and even a greater risk of death.
- Cause problems with learning, focusing and reacting.
- In children may feel angry, have mood swings, feel sad or depressed, or lack motivation



# Sleep Deprivation and Decision Making When It Comes to Safety

- Simple reaction time (decreased)
- Choice reaction time tasks (decrease)
- Word memory recall (decrease)
- Decision-making tasks (decreased)
- Critical reasoning (decreased)
- Visual tasks would be especially vulnerable to sleep loss because of iconic memory has short duration and limited capacity.
- Age also plays a role in the ability to cope with sleep deprivation. The older we get the poorer our performance is when we have sleep deprivation.

# Safety Tool to Help

## STAR Stop Think Act Review

### Self-Check Using **STAR**

- Stop** Pause for 1 to 2 seconds to focus your attention on the task at hand
- Think** Consider the action you're about to take
- Act** Concentrate and carry out the task
- Review** Check to make sure that the task was done right and that you got the right result

**STOP** is the most important step. It gives your brain a chance to catch up with what your hands are getting ready to do.



# Steps To Improve Sleep Habits

- Try going to bed and waking at the same time everyday (even during weekends)
- No technology at least one hour prior to bedtime
- Avoid large meals and alcohol before bedtime
- Avoid caffeine 8 hours prior to bed time
- Spend time outside every day and be physically active
- Keep your bedroom cool, dark and quiet
- Try relaxation techniques before bed. There are apps such as calm, relax melodies, and headspace to help. Try taking a shower or bath before bedtime.

# References

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# QUESTIONS?

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## CALL US!



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