

# Sleep: Yours is a Safety & Wellbeing Priority

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# Sleep Awareness Week



## National Sleep Awareness Week

When was the last time you got healthy, beneficial sleep?



March 26 - April 2 is National 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

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# How Much Sleep Do You Need?

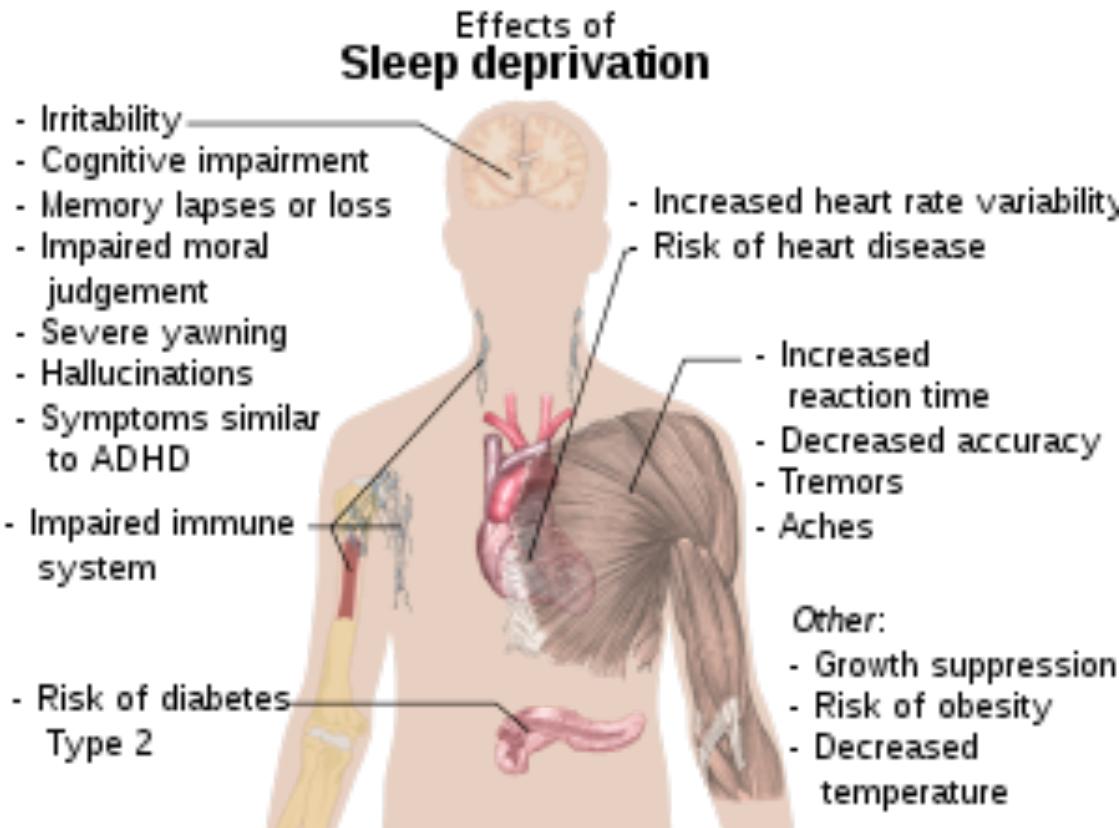
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Age	Recommended Amount of Sleep
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a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

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## 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

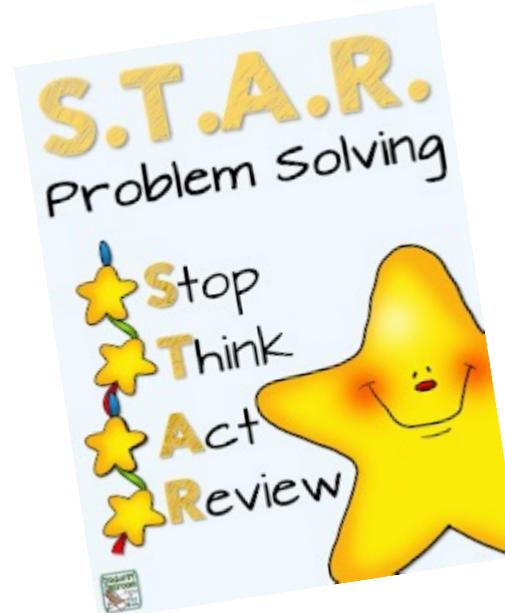
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## STAR Stop Think Act Review

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

- S**top      Pause for 1 to 2 seconds to focus your attention on the task at hand
- T**hink      Consider the action you're about to take
- A**ct      Concentrate and carry out the task
- R**eview      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

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## 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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- Centers for Disease Control. CDC Workplace Health Resource Center Make Wellness Your Business “Sleep: An Important Health and Safety Concern at Work”.
- National Heart, Lung and Blood Institute. “*Sleep Deprivation and Deficiency*” retrieved from <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency> . Retrieved on February 16, 2021
- Press Ganey Associates LLC. (December 2015). STAR Technique Can Help a Latte found on <https://www.pressganey.com/resources/blog/star-technique-can-help-a-latte>
- Sleep Foundation, A OneCare Media Company found at <https://www.sleepfoundation.org/>

# QUESTIONS?

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CALL US!



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