



# WORK RIGHT REVIEW

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## CAVEMEN, SLEEP, AND HOW TO GET IT

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Do you feel it? The grogginess and body ache that comes with losing an hour during Daylight-Saving Time? What if you're still not getting adequate, restorative sleep after your body adjusts to the time difference? The secrets to a better night's sleep can be found in our prehistoric ancestors, the cavepeople!

### Enough Sleep

First, what is considered an appropriate amount of sleep? Adults should sleep 7-9 hours to support optimal health. Without sleep, our batteries are not able to recharge.

### The Caveman's Perspective

Back to the cavemen. It's important to understand how cavepeople slept in order for us to know our own genes. Imagine you're a caveperson and ask: Where do I sleep? A dark, cool, and damp cave. Similarly, the modern human body rests best in a similar environment.



### Dark

Make your bedroom as dark as possible - this helps your brain produce melatonin, the sleep hormone. Use blackout curtains and dim or turn off the lights on any electronic device.

### Cool and Damp

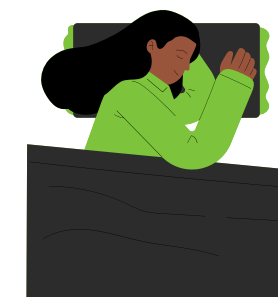
Our body temperature decreases as we approach bedtime. Keep your room cooler to send signals to your body that it's time for bed. Being too warm can cause sleep disturbances. The same issue occurs when the environment is too dry. Use a humidifier to help keep the room cool and prevent dehydration.



### Bonus: White Noise

Another common element for a caveperson's sleep - falling asleep to the sound of insects - nature's white noise. A white noise machine is great to drown out other noises that may occur while you are sleeping.

### Sleep and Restoration



Our sleep cycle is similar to our prehistoric ancestors. If things don't sound, look or feel right, we wake up. Use these tips for an optimal sleep environment to signal to your brain and body that all is well.

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