

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



THINGS THAT GO BUMP IN THE NIGHT



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Feeling groggy? Well, wake up and stay alert as you follow along with these ghouls and goblins... Oops, we mean *tricks and treats* about how to get better sleep. There are a lot of frightening myths surrounding sleep, and we can't be scared that you'll believe them! Let's dispel some of the spookier ones we hear most often.

TRICK I'LL SLEEP WHEN I'M DEAD

To function properly your body needs adequate sleep. Lack of sleep can cause all sorts of problems like irritability and lack of communication. This also increases your risk of having chronic conditions such as: depression, digestive issues, fertility issues, heart disease, and more. Lack of sleep increases your ability to become distracted, your memory declines, and your performance takes a hit. Sleep deprivation increases the chances of an accident at work by 70%. If that isn't scary enough, [according to OSHA](#), lack of sleep results in a \$136.4 billion YEARLY productivity loss. To put it mildly (or perhaps to scare you): if you don't sleep, you may put yourself in an early grave.



I NEED LESS SLEEP SINCE I'M OLDER

All adults need 7 to 9 hours of sleep per night regardless of age. If they do not get enough sleep, all of the same consequences remain. Sometimes this may even worsen conditions elders already have. For instance, if someone has early onset dementia or Alzheimer's disease, lack of sleep can worsen those memory problems.

FALL BACK WITH DST

With Daylight Saving Time approaching on November 5th, you might ask, **How does Daylight Savings Time affect the body?** The body has its own time-keeping mechanism which regulates sleep and metabolism. The time shift will disrupt sleep and circadian rhythms. This change can take 5-7 days to transition the circadian and sleep rhythms.

Here are some treats to keep you from turning into the Headless Horseman around Daylight Saving Time.

TRICK I'LL CATCH UP ON SLEEP LATER

Despite what people think, you cannot catch up on sleep. As was mentioned in [last week's Digest](#), one night of sleep deprivation can affect your normal body function for up to two weeks. In fact, lack of sleep can compound on itself, 4 days of less than 7 hours of sleep equates to 1 full night sleep loss. Attempting to catch up on sleep later, can have devastating consequences. 22 hours of sleep deprivation is equivalent to .08% blood alcohol level (the limit for legal intoxication). Due to this, driving is a huge risk; 1 in 5 fatal vehicle accidents involve a drowsy driver.



DST TREATS

- Go to bed and get up at the same time
- Get at least 7 hours of sleep on the day prior and after DST
- Keep your sleep schedule as close to normal as possible
- Practice good habits before bedtime
 - No caffeine 4-6 hours before bedtime & avoid alcohol
 - Avoid workouts within 4 hours of bedtime
 - Avoid electronics before bed
- Keep dinnertime consistent
 - Eat dinner at the normal or earlier than normal time for a couple days before
 - Do not overeat
- Eat food higher in protein than in carbs
- Get more light
 - To help regulate your "internal clock" go outside and get exposure to sunlight
 - Use a light therapy box or alarm light that brightens as you wake up
- Take short naps (no more than 20 minutes)

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

