

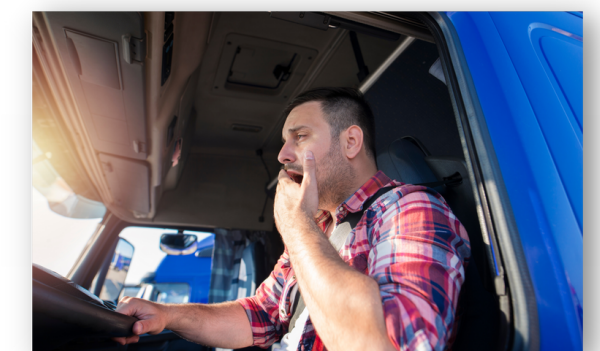
# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 41



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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.



## A WAKE UP CALL TO SLEEP DEPRIVATION

BY PEYTON JACKSON, ATC

Sleep. No one seems to get enough of it (though, some get too much of it with negative effects). But, if we're being honest, a majority of people don't get enough energy from sleep to make it through the day. This can have a major affect on the body! According to EHS Today, "A single night of total sleep deprivation can affect your functioning *for up to two weeks.*" So that one all-nighter may result in a two week setback! Buckle up, as we learn the negative impacts of sleep deprivation and attempt to change the culture of sleep

### TEN DANGERS

There are multiple dangers of sleep deprivation, but EHS Today **sums it up to ten**. Nine of these dangers include: decreased communication, performance deterioration, increased distraction risk, driving impairments, increased errors, poor memory, poor mood, greater risk-taking behavior, and inability to make necessary adjustments.

Multiple nights in a row with less than seven hours of sleep can result in a total night of sleep deprivation.



### LONG TERM EFFECTS

Along with the list of short-term dangers, **there are long-term effects as well**. "In the long-term, sleep deprivation can cause serious health problems including: certain cancers, depression, digestive and stomach issues, heart disease, obesity, reproductive problems, sleep disorders, etc."

The list continues, but what it all boils down to is that sleep is much more important than we give it credit. The less we prioritize sleep the more negatively it impacts our lives.

### DRIVING SLEEP ED.

While many occupations are affected by lack of sleep, one occupation hits close to home for many industrial athletes. Truck drivers occupy many companies around the world and these drivers don't just drive during the day. Most of the time they are driving overnight and sleeping in odd places which can result in sleep deprivation or compound sleep deprivation. Let's go back to the list of ten dangers and imagine how truck drivers are affected by them as well as the other people impacted by a truck driver's lack of sleep. 