

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 42



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.

LOOKING FOR MORE TRICKS AND TREATS? SCAN THE QR!

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.

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%!** To put it mildly, if you don't sleep, you may put yourself in an early grave.



TRICK

I'LL CATCH UP ON SLEEP LATER

Despite what people think, you cannot catch up on sleep. 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. Due to this, driving is a huge risk; 1 in 5 fatal vehicle accidents involve a drowsy driver.



TRICK

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.

FALL BACK WITH DST

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

TRICK...Y

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
- 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

