



The 41st Wink

Better Sleep For Life



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Sleep and the Workplace



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Sleep deprivation leads to cognitive impairment. It degrades cognitive processing, affecting everything from memory to reflexes. With less sleep, reaction time slows. This means decisions are made less quickly and accurately, increasing the odds of misjudging one's own abilities and taking unwise risks. In the workplace, excessive sleepiness can greatly increase the likelihood of a workplace accident, which can result in injury and even death.

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Sleep-deprived workers are twice as likely to miss work as their soundly-sleeping peers.

Without sufficient sleep, people can become irritable, easily frustrated, anxious, and even depressed. These changes can lead to team difficulties.

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Sleep-deprived employees have decreased concentration compared to their peers. This can impact both individual and group performance.

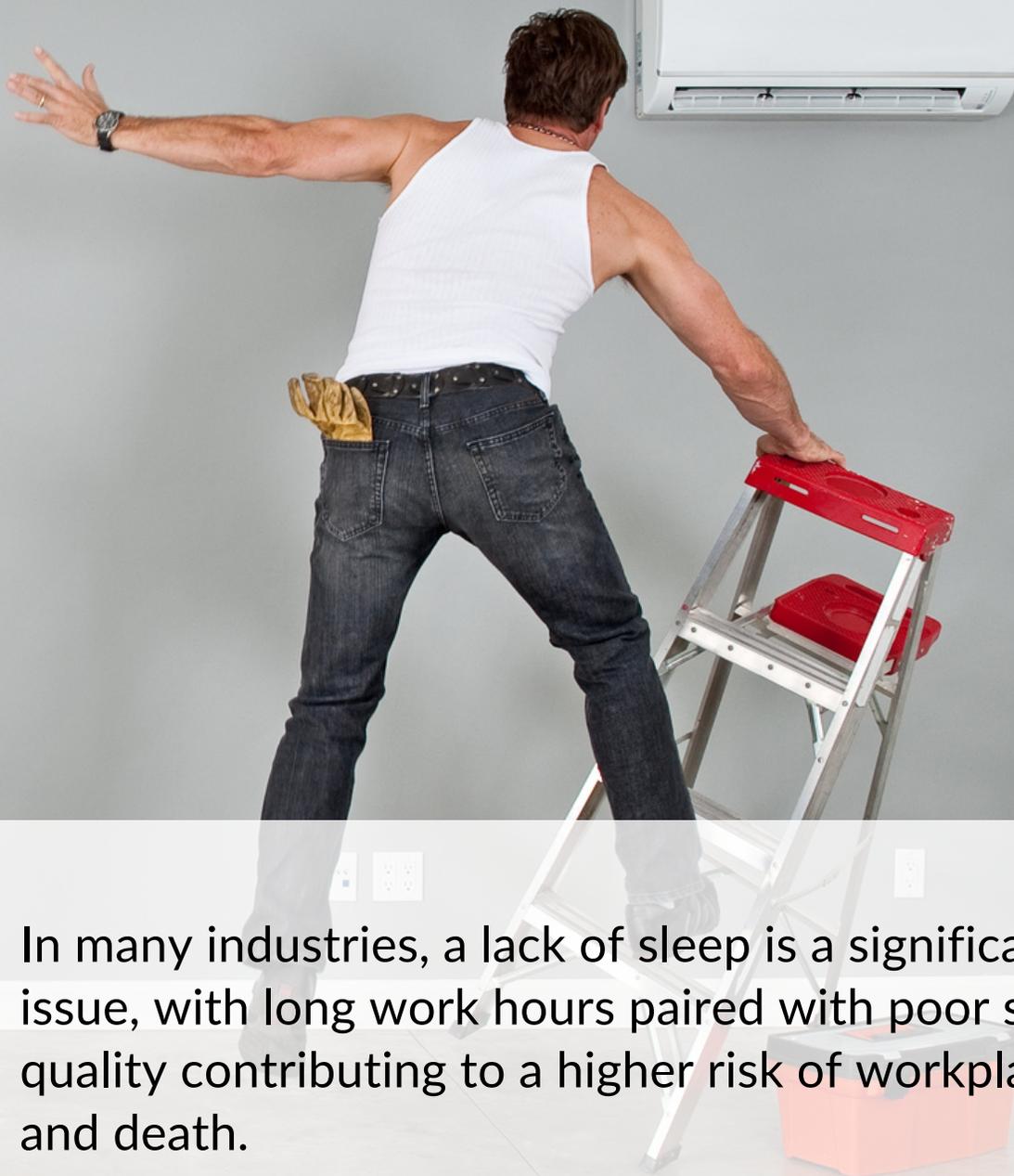
Sleep deprivation also has a significant impact on other aspects of job performance, including productivity, task management, and meeting goals.

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In many industries, a lack of sleep is a significant safety issue, with long work hours paired with poor sleep quality contributing to a higher risk of workplace injury and death.

Overly sleepy employees are 70% more likely to be involved in workplace accidents than colleagues who are not sleep-deprived.

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Sleep-deprived workers who drive as a part of their job are particularly in danger of drowsy driving, which can also have serious consequences. Drivers who get six hours of sleep or less are 33% more likely to have an accident on the road, compared to those who get seven or eight hours of sleep. Driving while sleep-deprived has the same or worse impact as driving with a blood alcohol concentration (BAC) of 0.05%.

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Healthcare workers are also at risk of drowsiness impacting their work, especially because they tend to work long shifts or work overnight. A study of 100 nurses revealed that cognitive performance was significantly impaired in night shift workers demonstrating, for instance, that nurses working the night shift made 32% more mathematical errors than nurses working the day shift. This was attributed to poor sleep quality and decreased alertness.

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Shift work disorder, aka shift work sleep disorder, is a condition that primarily affects people who work night, early morning, and rotating shifts for their jobs such as nurses, firemen, hospitality workers, etc. Insomnia, excessive sleepiness while awake, and recurring sleep loss are the defining symptoms of shift work disorder. The average person with shift work disorder loses one to four hours of sleep per night.

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Shift work disorder is categorized as a circadian rhythm sleep disorder, because of the misalignment between the body and the circadian rhythms that regulate the sleep-wake cycle.

If left untreated, shift work disorder can lead to serious complications, including:



Mood Problems - Shift work disorder can cause people to feel impatient, irritable, and unable to cope with problems or conflicts. People with shift work disorders are at higher risk of depression.

Poor Work Performance - People with shift work disorder often struggle to concentrate, pay attention, and remember things. This can translate to reduced performance at work and added costs for employers.

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Higher Accident Risk- Since shift work disorder decreases alertness and reaction time, it puts workers at higher risk of committing errors or being involved in an accident. In addition to workplace accidents, these individuals are at greater risk of getting into a vehicular accident during their commute due to drowsy driving. A significant number of drowsy driving collisions occur between the hours of midnight and 6 a.m.

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Added Health Problems - A good night's sleep is needed to restore the body and maintain good immune health. Shift work sleep disorder and subsequent sleep loss can worsen underlying health problems, including gastrointestinal, metabolic, reproductive, and cardiovascular issues.

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Low Testosterone - In some people, shift work can affect their testosterone levels which can present with fatigue, low energy, and low libido.

Substance Abuse - Many people with sleep problems self-medicate with alcohol or drugs. This can lead to substance abuse or dependency if problems persist