

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central white area where the text is placed.

Sleep & Work/Life Balance

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Importance of Sleep

- ▶ Mental health
- ▶ Quality of life
- ▶ Physical health
- ▶ Safety

Mental Health & Quality of Life

- ▶ Sleep deficiency linked to anxiety, depression, etc. (Armitage, 2007)
- ▶ Sleep helps augment emotional coping (Baum et. al., 2014)
- ▶ Cognitive performance & productivity (Magnavita & Garbarino, 2017)
- ▶ Sleep is imperative to learning (Maquet, 2001)

Physical Health

- ▶ The immune system needs sleep (Bryant, Trinder, & Curtis, 2004)
- ▶ Decreased sleep associated with increased risk of... (Taylor et. al., 2007)
 - ▶ Heart disease
 - ▶ Kidney disease
 - ▶ High blood pressure
 - ▶ Diabetes
 - ▶ Stroke
 - ▶ Obesity

Safety

- ▶ Drowsy driving
 - ▶ Sleepiness is believed to play a role in about 100,000 car accidents each year (NIH)
- ▶ Workplace accidents (Shahly et. al., 2012)
 - ▶ Careless mistakes

Improving Sleep

- ▶ Maintain a regular sleep schedule
 - ▶ Set wake time and bed time
 - ▶ Weekends
 - ▶ Circadian rhythm
 - ▶ Build up sleep drive throughout the day
- ▶ Exercise regularly

Improving Sleep

- ▶ Avoid heavy meals before bed
 - ▶ Light snacks are ok
- ▶ Minimize caffeine consumption after lunch
- ▶ Bed time routine
 - ▶ Avoid strenuous exercise, bright lights, stress
 - ▶ Bath or relaxation techniques
 - ▶ Calm app
 - ▶ Headspace app

Improving Sleep

- ▶ Prioritize sleep
 - ▶ Busy schedules
 - ▶ Allow yourself enough time to feel rested

Thanks for
listening!

"Without enough
sleep, we all become
tall two-year-olds."

JoJo Jensen
Dirt Farmer Wisdom
2002

References

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