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


- https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency
