

Sleep & Work

The Productivity Connection

WHY SLEEP MATTERS

- Adults need 7–9 hours of sleep/night for optimal health
- Good sleep improves focus, judgment, memory & mood

THE DATA BEHIND THE DOZE

- 58% say sleep loss leads to mistakes and overload
- 71% of workers say poor sleep makes mornings harder
- 66% say poor sleep hurts work productivity

SIGNS OF SLEEP DEPRIVATION AT WORK

- Difficulty concentrating & frequent mistakes
- Increased irritability
- Low motivation
- Reliance on caffeine or sugar

BENEFITS OF BETTER SLEEP

- Improved focus & creativity
- Stronger immune system & energy levels
- Better emotional regulation
- Reduced risk of burnout

WHAT EMPLOYERS CAN DO

- Encourage work-life boundaries
- Offer wellness programs including sleep education
- Promote flexible scheduling
- Normalize rest as part of performance

QUICK TIPS FOR BETTER SLEEP



Limit caffeine after 2 p.m.



Avoid screens 1 hour before bed



Stick to a consistent sleep schedule



Create a calming bedtime routine



Keep your sleep space cool & dark



Wake Up with More Wellness Facts: healthdiscovery.org/subscribe

Sources: Sleep Research Society, U.S. News & World Report