

# Improving sleep

## Objective

List three ideas for improving sleep.

**Share:** Insufficient sleep has been linked to motor vehicle crashes, industrial disasters, medical errors, and obesity.

The National Sleep Foundation suggests elementary school children need from 10 to 11 hours of sleep, teens need 8½ to 9 hours, and adults need 7 to 9 hours.

**Ask:** Are you getting enough sleep?

**Ask:** What are some tips for getting a good night's sleep? What works for you?

- Maintain the same sleep and wake patterns on days off and work days.
- Avoid stimulants, such as caffeine and nicotine, in the afternoon and evening.
- Avoid the following within two hours of bedtime:
  - Screens (computer, cell phone)

- Exercise
- Large meals
- Alcohol
- Wind down before going to bed.
- Get at least 30 minutes of exposure to natural daylight.
- Maintain a cool (65 to 69 degree), dark, and distraction-free sleep environment.
- Avoid daytime naps longer than 30 minutes.
- Exercise regularly, completing your workout at least two hours before bedtime.

**Ask:** What can the school district do to support adequate sleep?

- Offer scheduling flexibility when possible.
- Provide an Employee Assistance Program (EAP) to address temporary stressors.
- Create a dark and quiet room for quick rest breaks.

**Ask:** Any safety concerns or suggestions?

For more information on sleep-related issues, visit: [www.saif.com/sleep](http://www.saif.com/sleep).

Being awake for more than

**20 hours** is equal to having a

**blood-alcohol concentration of .08**

—the legal limit for intoxication in Oregon.

—National Sleep Foundation