



The Dangers of INSUFFICIENT Sleep

You're busy. The "to do" list seems never-ending. You go to bed later and later and by the end of the week you're exhausted. You may think all you need to do is sleep a little longer on the weekends to make up for that lack of sleep, but did you know that you may be creating some real health consequences when you have a chronic lack of quality sleep? Insufficient sleep is directly linked to:

- *weight gain and obesity*
- *diabetes*
- *high blood pressure and heart disease*
- *stroke*
- *depression, anxiety and other mood disorders*
- *decreased nervous, endocrine and immune system performance*
- *shortened life expectancy*

In addition to contributing to chronic illness, sleep deprivation negatively affects our mood, our ability to focus and our ability to think at a higher cognitive level. It also contributes to car accidents. In a National Sleep Foundation survey, 60% of adult drivers said they had driven a car while feeling drowsy in the past year, and more than 1/3 admitted to actually falling asleep at the wheel. It is estimated that 100,000 police reported crashes are the direct result of driver fatigue each year.

Getting the quality and quantity of sleep that your body needs can change your life! Give some thought as to whether or not you are getting your sleep needs met, and if not, begin to make sleep more of a priority. Even small changes such as going to bed 30 minutes earlier can help you feel better the next day. If you have trouble getting to sleep or staying asleep, be sure to mention it to your doctor.



This information brought to you by your Employee Assistance Program. Please contact us at 716-681-4300 for confidential assistance.