

# 14 IF YOU DON'T SNOOZE, YOU LOSE



## PURPOSE

Getting adequate sleep is essential to staying safe on the job. Many young workers don't get enough sleep, which can make them sleepy at work. Sleepy workers are prone to making mistakes that can lead to injuries. Being aware of sleep recommendations and hazards of sleepiness can help young workers prioritize healthy sleep habits to keep them alert and safe on the job.

## ACTIVITY TIME

Approximately 15 minutes

## PREPARATION

- Handouts are included in the activity book on page 32. Alternatively, you can print the handouts from the website. The handouts can be found at: **[www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)** Click on "Start the Conversation Activities," then find the "If You Don't Snooze, You Lose" activity and click on the "Handout" link. Print one Epworth Sleep handout per attending staff member, letter size, single sided.
- Print PUSH Cards.

## DIRECTIONS

Supervisor reads out loud

**Supervisor reads out loud**

### SUPERVISOR READS QUESTION

- ✘ *Do not read out loud*



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## BACKGROUNDS

**Today we going to be talking about getting enough sleep.**

Sleep is essential to our overall health and well-being.

Without the right amount of sleep we become moody, irritable, and have problems controlling our emotions and reactions.

As you become more sleep deprived your speech slows, you have a flattened emotional response, you forget things, AND you can no longer multi-task!

All of this leads to very poor decision making. This means that “sleeping on it” is truly a better way to make decisions.

**When you become very sleep deprived, your body will force you to sleep through micro-naps or 5–10 seconds of sleep.**

Not getting enough sleep can have serious consequences. Falling asleep while driving is responsible for over 100,000 car crashes a year.

Being awake for 18 hours straight decreases your performance as much as if you were drunk.

## DOES ANYONE KNOW HOW MANY HOURS OF SLEEP WE SHOULD GET EACH NIGHT?

✘ *Call on staff.*

In general, adults need about 7–9 hours of sleep and teens need 8–10 hours. However, sleep needs vary from person to person. People under the age of 25 are still developing their brains and getting enough sleep is critical for this process.

Making up for lost sleep can take longer than just one night of good sleep.

## WHEN YOU ARE BUSY WITH SCHOOL, WORK, AND FRIENDS IT IS HARD TO GET ENOUGH SLEEP AT NIGHT. WHAT ARE SOME WAYS YOU MAKE SURE YOU GET ENOUGH SLEEP?

✘ *Ask staff for their tips*

Very good. The experts give these tips:

- ⊖ Don't drink or eat anything with caffeine 4–6 hours before bed
- ⊖ Don't smoke, especially near bedtime
- ⊖ Avoid alcohol and heavy meals before sleep
- ⊖ Get regular exercise
- ⊖ Sleep in a room with little noise and light; avoid excessive hot and cold temperatures where you sleep
- ⊖ Go to bed at the same time each night
- ⊖ Try to wake up without an alarm clock

## ACTIVITY

- ✘ *Hand out Epworth Sleepiness Scale and pencils, or ask employees to turn to page 32 in their activity workbooks.*

Let's figure out how sleepy you are.

Rate how often you doze off during these different activities.

A **0** means that you would never doze off, and a **3** means you have a high chance of dozing.

Now take a minute to complete the sleepiness scale.

- ✘ *Give staff time to finish the sleepiness scale*

The scoring guide can be found on the bottom of the page

If you scored 0–9 you are probably getting enough sleep.

If you scored 10–17 you are sleepy during the daytime and should try to get more sleep.

If you scored 18–24 you have very high sleepiness during the day and need to get more sleep.

## PUSH FORWARD

- ✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page ([www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)). If you follow this page you can learn about other ways to stay safe at home and at work.

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## EPWORTH SLEEP HANDOUT — EXAMPLE



### EPWORTH SLEEPINESS SCALE (OVER 18 YEARS)

The following questionnaire will help you measure your general level of daytime sleepiness. It asks you to rate the chance that you would doze off or fall asleep during different, routine, daytime situations. Use the following scale to choose the most appropriate number for each situation:

**0 = WOULD NEVER DOZE**

**1 = SLIGHT CHANCE OF DOZING**

**2 = MODERATE CHANCE OF DOZING**

**3 = HIGH CHANCE OF DOZING**

Situation	Chance of dozing (0–3)
Sitting and reading	
Watching television	
Sitting inactive in a public place—for example; a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
In a car, while stopped in traffic	
Sitting quietly after lunch (when you've had no alcohol)	

**Score from 0–9:** Congratulations! You do not have excessive daytime sleepiness.

**Score from 10–17:** You have scored in the range of HIGH daytime sleepiness. It is possible that you do not get enough sleep. Be aware especially when driving: if you feel sleepy, pull over and rest (or ask a friend to drive)! Your sleepiness may be a risk to yourself and others on the road. Try to get more sleep at night or take a short nap during the day. If your daytime sleepiness continues, consider talking to a doctor or sleep specialist about your sleep habits and to test for a possible cause.

**Score from 18–24:** You have scored in the range of VERY HIGH daytime sleepiness. It is possible that you do not get enough sleep and this is affecting your daytime performance. Be aware especially when driving: if you feel sleepy, pull over and rest (or ask a friend to drive)! Your sleepiness could be a risk to yourself and others on the road. Try to get more sleep at night or take a short nap during the day. If your daytime sleepiness continues, consider talking to a doctor or sleep specialist about your sleep habits and to test for a possible cause.