



Power Your Life with Better Sleep

EAP TRAINING EVENT

Objectives

Describe the importance of sleep

Identify how sleep deprivation can affect your health

Determine things that interfere with sleep

Identify techniques that can help improve sleep

Recognize when it is time to call a doctor



Why is Sleep Important?

Sleep is powerful

- Allows the body to heal and repair damage
- Maintains a healthy weight
- Balances hormones
- Healthy brain function
- Emotional wellbeing

(NHLBI, 2021)

Sleep Deprivation on Your Body

- Cognitive function
- Skin
- Heart health
- Immune system
- Metabolism
- Mood
- Cancer risk



Things That Interfere with Sleep

- Physical or emotional conditions
- Taking long naps
- Eating a large meal
- Commonly used substances
- Exercising before bed
- Poor sleep habits
- Using the bedroom as a multipurpose room





Techniques to Improve Sleep

- Keep in sync with your natural sleep-wake cycle
- Pick a standard time to get in and out of bed
- Avoid sleeping in
- Get out of bed if you can't sleep

Techniques to Improve Sleep

Quiet the mind

- Wind down early
- Schedule a “worry time”
- Keep a journal

Relax the body

- Yoga
- Warm bath
- Massage
- Relaxation techniques



Improve Your Sleep Hygiene

- Limit daytime naps
- Exercise regularly
- Increase sunlight exposure during the day
- Reduce blue light exposure in the evening
- Have a bedtime routine
- Don't share your bed with kids or pets
- Avoid stimulants before bed
- Adjust your sleep environment



Optimizing Sleep for Shift Workers

If possible, try to:

- Plan for sleep
- Avoid working multiple shifts in a row or rotating shifts
- Avoid long commutes
- Avoid bright light on your drive home
- Avoid drinking caffeine late in your shift
- Avoid being stagnant between shifts

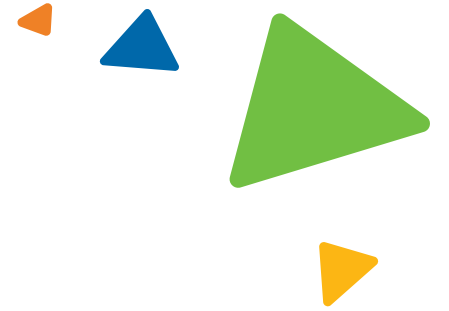
(NSF, 2020) (NCBI, 2020)

When to Talk to a Doctor

Look out for these telltale signs:

- Regularly have trouble falling asleep or staying asleep
- Waking up earlier than you'd like
- Not waking up refreshed
- Excessively sleepy or tired during the day
- Difficulty performing daily activities
- Fall asleep during tasks
- Snoring or gasping loudly during sleep





Call toll-free

(866) EAP- 4SOC (866) 327- 4762
TTY: 711

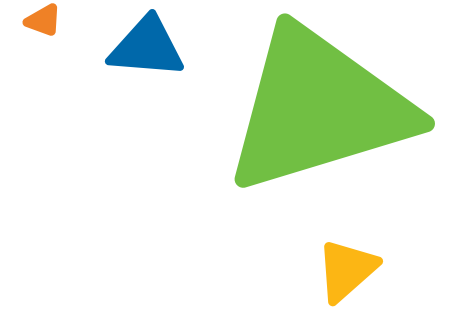
or visit us at eap.calhr.ca.gov 24 hours a day/7 days a week

Thank you!

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