

SAFETY BLITZ

HEALTH & WELLNESS

SLEEP

SLEEP

/slēp/

a condition of body and mind that typically recurs for several hours every night, in which the eyes are closed, the postural muscles relaxed, the activity of the brain altered, and consciousness of the surroundings practically suspended.

SLEEP BASICS

- Sleep is as important as proper nutrition and exercise. Just as diet and physical activity helps fuel and strengthen the body, sleep gives your body time to repair for a new day.
- Driving a truck is a high-stress job, and lack of sleep makes it more difficult to meet the demands of the job. Drowsy driving leads to decreased reaction time and increases the likelihood of confusion, distraction, and poor decisions.
- During sleep, the brain sorts and catalogs memories and learned information, making it easier to access and use while awake.
- A full night's sleep is made up different stages: wake, light sleep (N1 and N2), deep sleep (N3), and REM (Rapid Eye Movement).
- The average adult (age 18+) needs 7-9 hours of sleep daily in order to recharge and remain healthy.
- Lack of sleep can have long-term health impacts and can lead to cardiovascular disease, diabetes, cognitive impairment, and dementia.

IMPROVING SLEEP FOR TRUCKERS

- Establish a nightly routine.
- Make sure you have a good sleep environment:
 - Park in a safe but quiet area for the night.
 - Block out all light with curtains/shades.
 - Use ear plugs or a white noise machine/smartphone apps to minimize noisy distractions.
 - Keep your cab or bedroom cool and comfortable.
 - Consider investing in a comfortable mattress and pillows. These can also prevent aches and pains.



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IMPROVING SLEEP FOR TRUCKERS *continued*

- Be aware of your body's response to sleepiness and plan your stops and sleep breaks to match your natural sleep times.
- Avoid caffeine, nicotine, alcohol, and spicy foods before bedtime. Limit exposure to light from television and electronics like phones.
- Eat small, healthy dinners. Fatty foods take longer to digest, which makes it hard to sleep.
- Perform a relaxing activity before bed such as reading a book or listening to calming music.



FACTS ABOUT SLEEP

- 12% of people dream entirely in black and white and within 5 minutes of waking up, 50% of your dream is forgotten. After 10 minutes, 90% is forgotten.
- Dreams during REM sleep are usually more bizarre than the ones during non-REM sleep.
- Humans spend 1/3 of their life sleeping.
- 1 in 4 married couples sleep in separate beds.
- Sleeping on your front can aid digestion.
- 15% of the population sleepwalk.
- After the birth of a child, parents lose between 400 and 750 hours of sleep in the first year.
- More than 1/3 of US adults sleep less than 7 hours per night.
- Drinking 2 or more servings of alcohol per day can decrease sleep quality by 39.2%.



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