The Importance of Sleep

A Construction Suicide Prevention Partnership Toolbox Talk

www.suicide-stops-here.org

While no one is sure of the biological reason for sleep, despite decades of research, most scientists agree that sleep is critical for physiological and mental health. Some researchers hypothesize that sleep allows the brain to shut down to process memories; others suggest that sleep helps regulate the body's hormones. Sleep deprivation adversely affects our brain, heart, lungs, metabolism, and immunity. Lack of sleep also increases the risk of obesity.

1/3
of our lives are spent sleeping

What Happens When You Don't Get Enough Sleep?

24 hours awake
Your brain will behave as if you had a blood-alcohol level of 0.10 (that's above the legal limit) and your memory, ability to concentrate, hand-eye coordination, attention, and hearing will all be impaired.

36 hours awake
Your chances of cardiovascular disease, high blood pressure, and hormonal imbalances will be increased.

48 hours awake
You will be susceptible to micro-sleeps, which are involuntary mini blackouts that can last between 2 to 30 seconds.

72 hours awake
You will experience hallucinations. A simple conversation will be beyond your abilities.

CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP

How Much Sleep Do We Really Need at Different Life Stages?

Newborns: 14-17 hours	Infants: 12-15 hours
Toddlers: 11-14 hours	Preschoolers: 10-13 hours
School-age Children: 9-11 hours	Teenagers: 9-11 hours
Adults: 7-9 hours	The 65+ Group: 7-8 hours
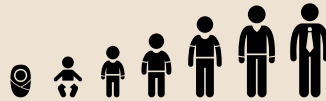
5 Tips to Have a Good Night's Sleep

1) Exercise 20-30 minutes a day, but not too close to bedtime (a few hours should give enough of a buffer)

2) Avoid caffeine late in the day and alcoholic drinks before bed

3) Relax before bed- try a warm bath, reading, or another relaxing routine, but ideally one that doesn't require screen time

4) Make your bedroom a sleeping den. Keep lights dim, sounds low, and the temperature cool (about 67 degrees)

5) Don't lie in bed awake. If you can't get to sleep, do something else, like reading, until you feel tired