

SLEEP HEALTH

INFORMATION ABOUT THE IMPORTANCE OF SLEEP

Most adults need 7-9 hours of sleep each day to function optimally and stay healthy. Sleeping problems are common however, with one third of adults typically not obtaining a sufficient quantity or quality of sleep several nights a week or more.

SHORT-TERM LACK OF SLEEP CAN LEAD TO:

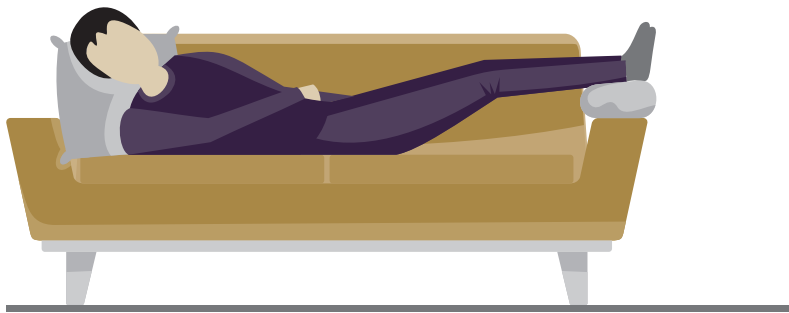
- › irritability
- › impaired memory
- › slow response time
- › poor decision making

Sleep deprivation also poses a significant safety risk at work when employees are required to perform tasks that have significant safety implications (e.g. when driving a vehicle).

LONG-TERM LACK OF SLEEP CAN INCREASE THE RISK OF:

- › cardiovascular disease
- › type 2 diabetes
- › obesity
- › mental disorders like depression

Regular sleeping problems can also affect the wellbeing of individuals by reducing their energy and motivation to engage in health-promoting activities such as exercise and spending time with family and friends.

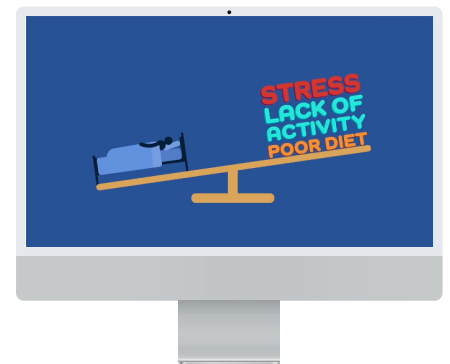


OPTIMISING SLEEP CAN HELP:

- › improve mood at home and at work
- › improve quality of relationships
- › make it easier to maintain a healthy body weight
- › think clearer and quicker
- › improve general physical and mental health

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