

# Health & Wellness

## Tip of the Week

**April** is all about focusing on **Workplace Safety**. It is the perfect time to remind you about the importance of being safe at work in order to prevent injuries.

**Week 15**  
**April 11, 2016**

### Don't Lose Any Sleep Over This

Sleep is good for you—if it happens at the right time. Unfortunately, many adults are not getting the recommended seven to eight hours of sleep per night. Think sleep may be causing you to “fall down on the job?” Look for these warning signs:

- 🚑 Accidents at work or while driving your vehicle
- 🚑 Decreased productivity
- 🚑 Symptoms of depression due to sleep loss
- 🚑 Difficulties with social relationships due to irritability
- 🚑 Dozing off at your desk or while sitting inactive in other public places



*Source: Centers for Disease Control and Prevention*



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