

Health and Wellness Tip of the Week - Week 11

Monthly Topic

March is *Workplace Safety Month*. It's the perfect time to remind employees about the importance of maintaining a safe and healthy work environment.

March 16, 2015

Don't Lose Any Sleep Over This

Sleep Deprivation Can Have Serious Consequences.

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?” If you notice any of these warning signs, see your doctor. You might have a sleep disorder or have your sleep disrupted by symptoms of a medical illness or depression. 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: Center for Disease Control and Prevention



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