



# Health and Wellness Tip of the Week - Week 21

## Monthly Topic

Focus on the importance of sleep during *Better Sleep Month* in May.

May 26, 2014

## Sleeping on the Job?

Do you feel like nodding off at work on a normal basis? Sleepiness at work can show up in sloppy or slow work. A National Sleep Foundation study found that 51 percent of all U.S. workers say sleepiness limits the amount of work they can do.

If you're always sleepy at work, you may have a sleep problem such as sleep apnea, narcolepsy or insomnia. Those with sleep apnea stop breathing many times throughout the night. They snore loudly and they often feel sleepy all day. People with narcolepsy can have sudden, uncontrollable sleep attacks during the day. Those with insomnia have a hard time falling asleep or staying asleep at night. Sleep problems can lead to other health issues. If you think you may have one, see your doctor.

*Source: Mayo Foundation for Medical Education and Research*



Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8630