

How What We Do At Home Affects Work

Picture This





ASLEEP ON THE JOB

HOW FATIGUED EMPLOYEES AFFECT YOUR BUSINESS

We've all been there: a night spent tossing and turning, trying to get some shut-eye before the alarm blares. The effects of a poor night's sleep stretch beyond just a rough next day—the long-term impact on your employees is real and tangible. But you can help.

STRUGGLING WITH SLEEP DEPRIVATION

Employees' fight with fatigue can seriously affect their daily to-dos



14% have missed family events, work functions, or leisure due to sleepiness

NOT SLEEPING SUCKS

Insufficient sleep can lead to:



30% of employees sleep fewer than six hours a night



WEARING DOWN WELLNESS

Fatigue doesn't just ruin an employee's day-to-day—it's dangerous to their long-term health and well-being.

Those who sleep fewer than six hours a day are nearly **30%** more likely to be overweight



People who don't sleep enough suffer:



26% of people have nodded off or fallen asleep while driving



32% report driving drowsy at least 1-2 times per month

BUSINESSES' BATTLE WITH BAD SLEEP

Think employees' sleep deprivation only impacts them? Think again. Fatigue-related performance issues affect your business's bottom line.

EMPLOYEES WHO EXPERIENCE POOR SLEEP REPORT:



LACK OF SLEEP IS CRIPPLING EMPLOYEES, AND THE CHANCES THEY'LL REACH OUT FOR HELP IS SLIM. EMPLOYERS CAN HELP BY OFFERING PROGRAMS, INSTITUTING POLICIES, AND EDUCATING THEIR WORKFORCE ON WAYS TO SLEEP MORE SOUNDLY. THE RESULT? EMPLOYEES WHO ARE WELL-RESTED, MORE PRODUCTIVE, AND MORE ENGAGED IN YOUR COMPANY.

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SOURCES: Asleep On the Job: The Causes and Consequences of Employee-Disrupted Sleep and How Employers Can Help, Virgin Pulse, 2014; 2009 Gallup Report; Richard W. J. R. M., Melis, M., Hoogendijk, E., West, B., Lancel, S. The cost of poor sleep: workplace productivity loss and associated costs. BMC Public Health 2012, 12(suppl-4):S4. <http://dx.doi.org/10.1186/1471-2458-12-S4>; The National Academies Press, 2014; Tangle, D. Asleep On the Job: The Causes and Consequences of Employee-Disrupted Sleep and How Employers Can Help, Virgin Pulse, 2014.

Source: <https://www.fatiguescience.com>