



## **Recharge to be in Charge**

Like many Americans, you might feel that you're not getting enough sleep. The CDC reports that one in three adults doesn't get enough sleep. It is also estimated that 37% of the U.S. workforce is sleep deprived. We need proper sleep to recharge our stamina, face the day, and avoid injuries at home and work.

## **Getting good sleep**

To be alert, well-rested, and at your best, follow these tips:

- Get **7-9 hours** of sleep every day
- Create and follow a sleep schedule. Go to bed and wake up at the same time every day—even on weekends.
- Eliminate unnecessary light
  - Remember that bedtime is for sleeping, not reading or watching TV
  - Avoid using electronic devices before bed which can inhibit sleep. Devices that emit light can prevent you from getting good sleep
- Keep your bedroom temperate – neither hot nor cold
- Make sure your bed and pillows are comfortable and support restful sleep
- Avoid eating right before bed

## **Dangers of Sleep Deprivation**

We all have busy lives and sleep is often the first thing many of us cut back on to accommodate our schedules. In the long run, this can be dangerous. Sleep deprivation has been shown to raise the risks of depression, obesity, heart disease, and can have an adverse effect on reproductive health. Lack of sleep can also lead you to experience short bursts of sleep lasting anywhere from a fraction of a second or up to 30 seconds, known as microsleep. Individuals who experience microsleep lose awareness and consciousness during the episode, which can be dangerous, especially on the road.

Tips to help reduce sleep deprivation can be some of the following:

- Plan to take regular rest breaks and rotate drivers when traveling long distances
- Avoid alcohol and medications that may make you drowsy while driving
- If you feel drowsy, pull over when it is safe to do so
- To combat drowsiness, have a cup of coffee or a caffeinated drink and stretch your legs by taking a short walk
- If you need more rest, take a quick nap if it is safe to do so
- If you are too tired to continue driving even after a break, don't drive. Stay at a hotel or call someone—a loved one, friend, or even a cab or ride-sharing service—to get you to your destination safely

Don't get sidelined by fatigue. Get plenty of sleep to recharge and stay healthy and avoid dangerous situations like driving when drowsy.



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