

SLEEP'S EFFECT ON PRODUCTIVITY

and your company's bottom line

Sleep isn't just a time to rest your eyes. It's essential to your health and productivity, which can work to your advantage in the workplace. Learn how improving your sleep habits can help you be an all-star employee, by improving your creative thinking and the quality of your work—and saving your company some serious cash.

Getting the right amount of shuteye is key to your health.



For adults, the National Institute of Health recommends **7-8 hours** for optimal sleep.¹



Getting 7-8 hours of sleep per night **helps adults fight** weight gain, depression, heart disease, diabetes, and other chronic conditions.²



But, nearly **1 in 3 adults** report one or more symptoms of insomnia.³



Sleep affects your productivity at work and the amount of times you call in sick.



Research shows the more sleep-deprived employees are, the slower they become at completing tasks at work.⁴



A study found that people who went 17-19 hours without sleep showed the same cognitive impairments as those with a **Blood Alcohol Content (BAC) of .05%**. That's the equivalent of the average adult consuming about one to two drinks in an hour, depending on sex and weight.⁵



Another study found that sleeping fewer than 5 hours is associated with staying home sick for **4.6 to 8.9 more days** per year than those who get 7-8 hours a night.⁶

Sleep even affects employees' impact on the business bottom line.



Insomnia could cost 11.3 days of work. And this costs your company \$2,280 per employee.



That amounts to **\$63.2 billion per year nationally.**⁷

Learn how Fitbit Health Solutions can help your company develop a successful wellness program, boost employee health and happiness, **and improve the bottom line.**

¹ National Institutes of Health. (2012, February 22). How Much Sleep is Enough? Retrieved 2017, from <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>

² Geraldine S. Perry, DrPH, RDN; Susheel P. Patil, MD, PhD; Letitia R. Presley-Cantrell, PhD. (2013, September 26). Raising Awareness of Sleep as a Healthy Behavior. Centers for Disease Control and Prevention. Retrieved 2017, from https://www.cdc.gov/pcd/issues/2013/13_0081.htm

³ Thomas Roth, PHD. (2007, August 15). Insomnia: Definition, Prevalence, Etiology, and Consequences. National Center for Biotechnology. Retrieved 2017, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1978319/>

⁴ Marc Pomplun; Edward J. Silva; Joseph M. Ronda; Sean W. Cain; Mirjam Y. Münch; Charles A. Czeisler; Jeanne F. Duffy. (2012, July). The effects of circadian phase, time awake, and imposed sleep restriction on performing complex visual tasks: Evidence from comparative visual search. Journal of Vision. Retrieved 2017, from <http://jov.arvojournals.org/article.aspx?articleid=2192110&resultClick=1>

⁵ A M Williamson, Anne-Marie Feyer. (2000, October). Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. Occupational and Environmental Medicine. Retrieved 2017, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1739867/pdf/v057p00649.pdf>

⁶ Tea Lallukka, PHD. (2014, September 1). Sleep and Sickness Absence: A Nationally Representative Follow-Up Study. SLEEP. Retrieved 2017, from <https://academic.oup.com/sleep/article/37/9/1413/2416837/Sleep-and-Sickness-Absence-A-Nationally-Follow-Up-Study.SLEEP>

⁷ Harvard Medical School. (2011, September 2). Insomnia Costing U.S. Workforce \$63.2 Billion a Year, Researchers Estimate. Retrieved 2017, from <https://hms.harvard.edu/news/insomnia-costing-us-workforce-632-billion-year-researchers-estimate-9-2-11>