



CONNECTIONS

LOCAL EFAP NEWS

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Sleep: Getting a Good Night's Worth

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Are you getting enough sleep?

How much sleep do you really need? In general, most adults need 7-8 hours of sleep per night. Children and adolescents need even more—around 9-10 hours per night. However, the amount of sleep that people need varies widely, ranging from 5 to 10 hours per night. The important thing is to find out how much sleep you need to stay healthy and alert, and then try to get this amount of sleep each night.

The right amount of sleep is the amount that lets you wake up feeling refreshed and well. You may be able to function on the amount of sleep you are getting now, but it still may not be enough for you to reach your full potential. Here's how to tell if you're not getting enough sleep:

- You need an alarm clock to wake up
- You sleep longer and better on weekends

- You have trouble getting out of bed in the morning
- You feel tired during the day
- You have bags or dark circles under your eyes
- You doze off while sitting in a public place, such as a movie theatre or meeting
- You doze off while driving
- You have trouble concentrating
- You have early morning headaches

If you notice any of these signs, you may not be getting enough sleep. Try to gradually increase the amount of sleep that you get each night until you find the right amount—you'll know that you've got it when these signs start to go away.



**REMEMBRANCE DAY
NOVEMBER 11TH**

CONNECTIONS



Problems caused by sleep deprivation

Some people choose to “get away” with less sleep, and this attitude is often rewarded in our society. But lack of sleep can actually make you less productive, even if you feel as though you’re getting more done. Sleep deprivation can do much more than hurt your productivity - it can damage your health as well.

Sleep helps your body to repair itself. It also helps your mind absorb and “file” the day’s learning. When we deprive ourselves of sleep, we notice the effects both mentally and physically. In the short term, these effects include:

- Fatigue
- Irritability
- Careless mistakes
- Difficulty concentrating
- Slower reaction times
- Increased stress

These short-term effects can affect our relationships, our performance at work or school, and our ability to enjoy life. They may even increase the risk of injury or accidents at work or on the road. Over 35% of car accidents are caused by lack of sleep.

After only a few days of sleep deprivation, the body undergoes changes similar to “fast-forwarding” aging: memory loss, metabolism problems (with sugar and hormones), and poor athletic performance. If sleep deprivation continues over the long term, it increases the risk of more serious health problems, such as:

- A weakened immune system
- Diabetes (the body cannot process sugar properly)
- Depression
- High blood pressure
- Obesity

The good news is that you can prevent these long-term problems by recognizing the early signs that you aren’t getting enough sleep, and then to increase the amount of sleep you’re getting until you feel well rested. The greater the “sleep debt” that you have, the longer it will take to recover.

Next month’s newsletter will feature “ Tips on getting a good night’s sleep” and “Sleep disorders”.

EFAP/North New Rep Training

will be held in North Bay on

**Thursday Nov. 24th from 9 a.m. to 4 p.m.
and on Friday from 9 a.m. to 12 noon.**

**Please contact Debbie at 494-8086
to confirm your attendance.**
