

Did You Know...

THE TEN DANGERS OF SLEEP DEPRIVATION FOR WORKERS

Sleep deprivation is much more dangerous than you may realize. It is not just annoying, like when an employee snoozes during a meeting or yawns during a conversation.

Here are 10 real dangers associated with a sleep-deprived workforce:

1. **Decreased Communication** - Including poor enunciation and mumbled instructions
2. **Performance Deteriorates** - Decreased vigilance and slower response time
3. **Increased Risk of Becoming Distracted** – Trouble maintaining focus on relevant cues
4. **Driving Impairments** – Neurobehavioural performance impairments (comparable to 0.08 % blood alcohol level; legally impaired)
5. **Increased Number of Errors** – Errors can be in both commission and omission of tasks
6. **Poor Cognitive Assimilation and Memory** – Decline in short term and working memory
7. **Poor Mood Appropriate Behaviour** – Outbursts of irritability, impatience, childish humour are common
8. **Greater Risk-Taking Behaviour** – Brain imaging studies have shown a decrease in activity in brain regions that control rationale and logical thinking
9. **Inability to Make Necessary Adjustments** – Flexible thinking, preservation of thoughts and ability to update strategies based on new information are all negatively impacted by sleep deprivation
10. **Effects of Sleep Deprivation Compound Across Nights** – A single night of total sleep deprivation can affect your functioning for up to two weeks.



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