



# Rolling Strong

## WELLNESS IN TRANSPORTATION

As part of our "Maintaining A Strong Immune System" series

### Tip 2: GET ENOUGH SLEEP

As a valued member of Rolling Strong, your safety and wellbeing are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

Studies show that sleeping less than 7 hours every night, has a negative impact on your health. Sleep is necessary to strengthen your immune system.



While a few short nights won't do lasting damage, regular sleep deprivation has an impact on your physical health, mental health and safety.

#### Physical Health



You are at risk for heart disease, high blood pressure, diabetes, stroke and obesity if you don't sleep enough. Hormone regulation may be impacted and your immune system won't function properly. Healing may slow or halt.

#### Mental Health



Brain function is seriously impaired when you don't get enough sleep. Memory, learning, problem solving, productivity and concentration are impacted. You are more likely to experience depression, mood swings and anxiety when you are chronically sleep deprived.

#### Safety



Your safety may be at risk without enough sleep as reaction time slows and coordination is not 100%. Lack of sleep can cause "microsleeps" when you nod off in the middle of the day. Obviously, this could be a huge problem for drivers!

#### Tips to get a better nights sleep

- Avoid caffeine after 12:00 p.m.
- Exercise - it relieves stress and anxiety which helps you sleep more sound.
- Ditch your technology 2 hours before bedtime as the light is stimulating and impacts sleep.
- Practice deep breathing.
- Keep a journal near your bed and log your happy thoughts from each day.
- Try adding white noise to mask any outside sounds.
- Consider earplugs and an eye mask.
- Settle in with a good book 30-45 minutes before bedtime.

Connect with us!



Stay tuned for the next tip on maintaining a healthy immune system and Roll Strong!

