health*chats S L E E P



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Dr. Rosemary Ku

Chief Medical Officer, UnitedAg

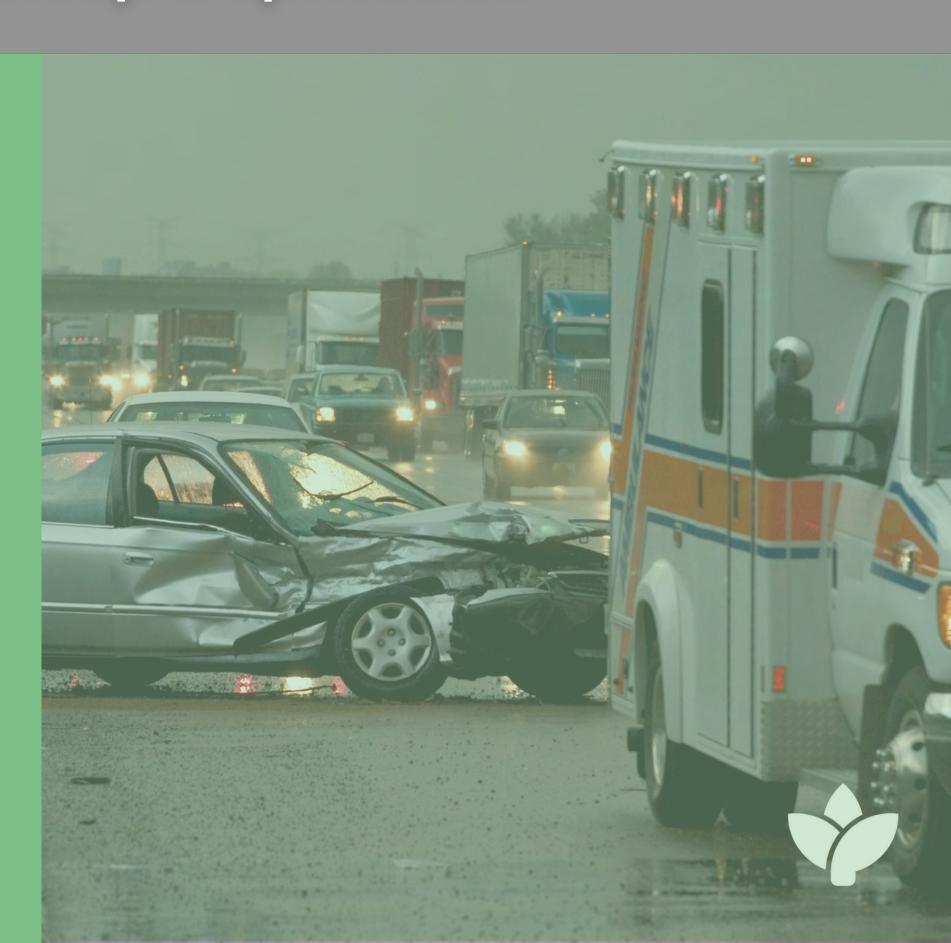
MD, MBA, MPH





Fast Facts About Sleep Deprivation

- 40% Americans do not get recommended amount of sleep.
- Cognitive impairment equivalent to BAC 0.05-0.1%.
- Responsible for 100,000 car crashes each year in the US.
- Increases risk of obesity, type 2
 diabetes, heart disease, high blood
 pressure, mental health conditions.
- Increases risk of breast, ovarian, prostate, and colorectal cancer.

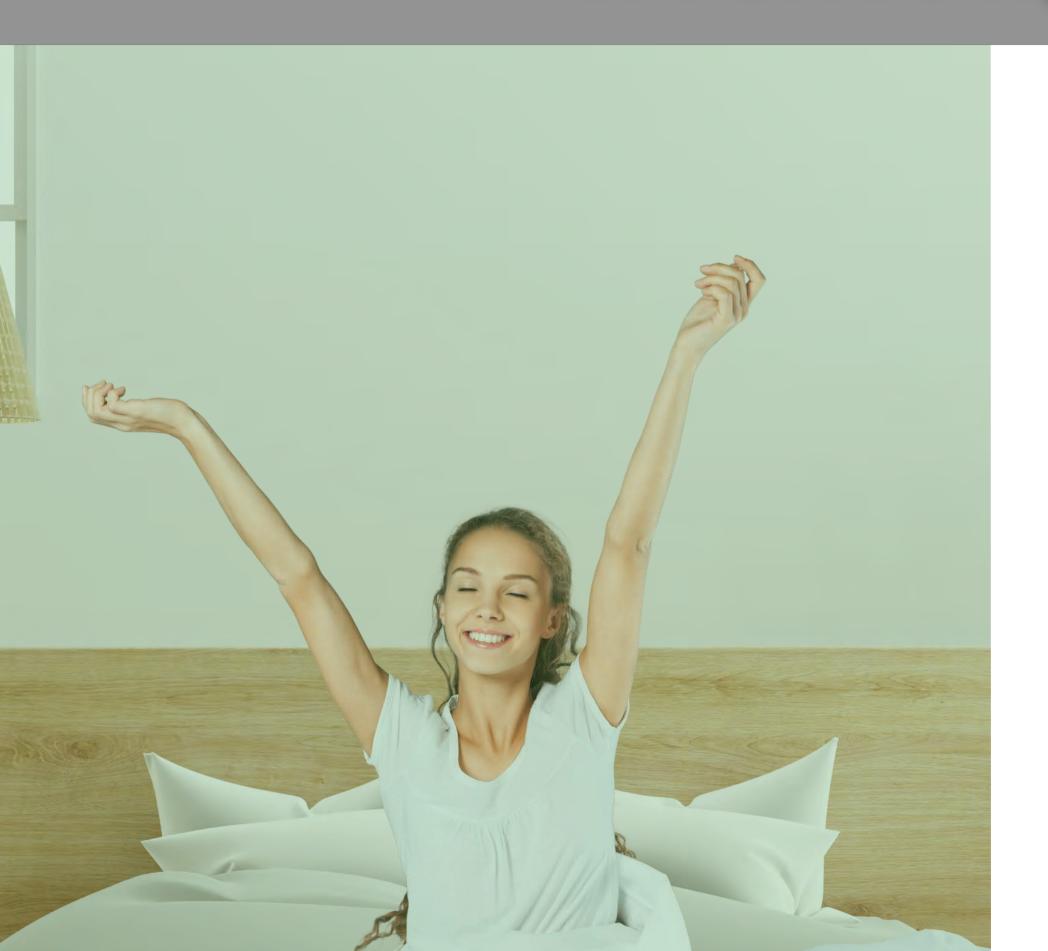


Importance of Sleep

- Physical recovery
- Hormones and metabolism
- Brain health
- Emotional regulation
- Memory
- Immune function



What is Good Sleep for Adults?

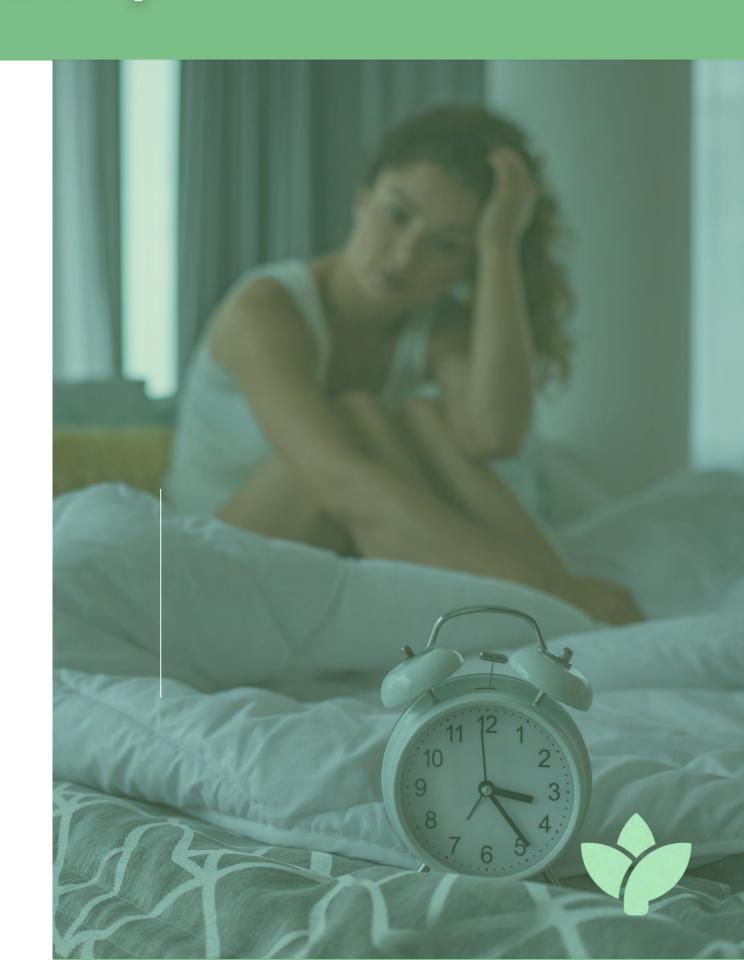


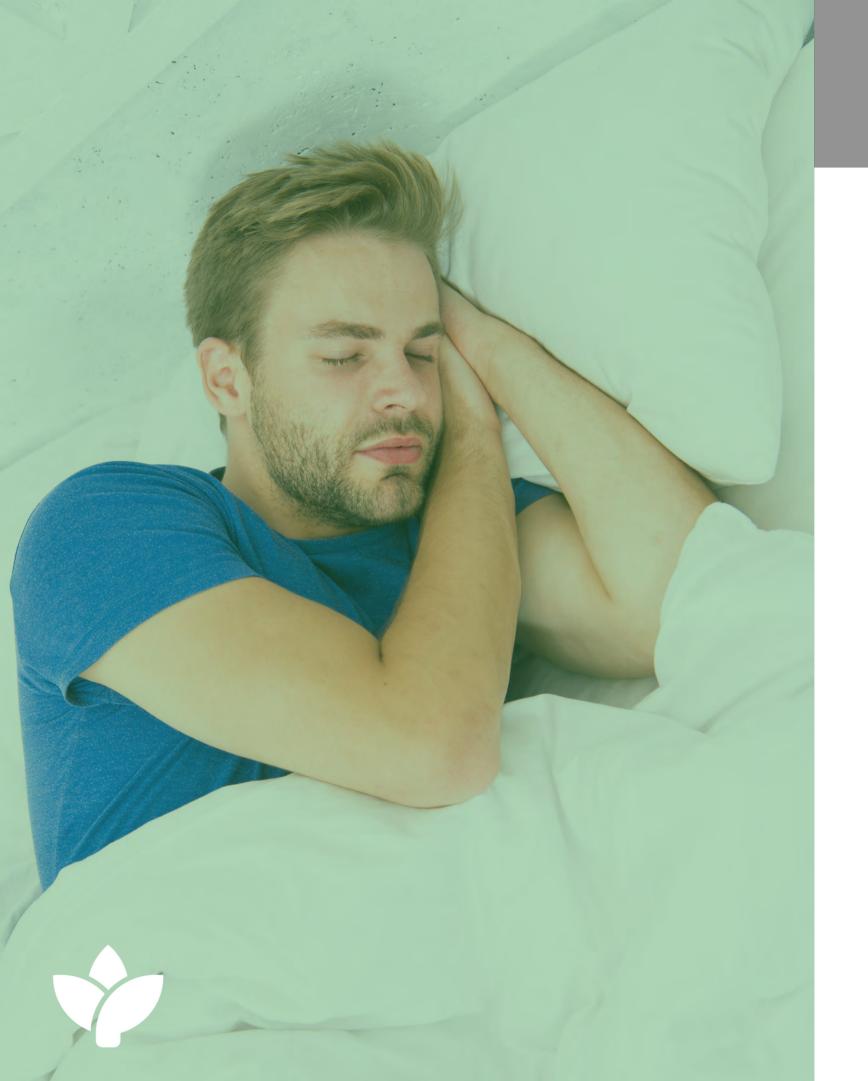
- Duration of sleep 7-9 hours
- Time it takes to fall asleep </=
 30 minutes
- Number of wake ups: 1 or less
- Time awake during night </=
 20 minutes
- Sleep efficiency (% of time asleep of total time in bed) >/=
 85%
- Feeling rested upon waking up



Factors That Impact Sleep

- Personal circadian rhythm
- Mental health / Stress
- Physical discomfort
- Sleep environment
- Nutrition
- Exercise
- Substances (caffeine, alcohol, medications, etc.)
- Screen time
- Health conditions
- Sleep disorders





Tips for Better Sleep

- Consistent sleep schedule is key
- Invest in your bedtime routine
- Avoid late night eating and alcohol
- Lower bedroom temperature
- Hot shower/bath before bed
- Set cut off time for screens
- Strategic napping

UnitedAg Resources

- Health & Wellness Clinics: visit ua.clinic or call 877.877.7981.
- Health and Wellness Clinics: Lifestyle Management Program
 - unitedag.org/wellness
 - No additional cost
- Spring Health Therapy and Resources
- Teladoc Counseling and Resources



Q&A

