

# Help your employees get their best sleep

Sleep is just as important as exercise and eating well. Getting enough sleep is essential to your physical well-being and mental health and plays an important part in your workplace performance and success.



Employers report that a lack of sufficient sleep costs about \$5,000 in lost productivity per employee per year.<sup>†</sup>

Show your employees that you value rest and healthy living by sharing these tips on how to get the best sleep.

## A good night's sleep is a necessity

Encouraging wellness in the workplace can help everyone stay creative and motivated and avoid fatigue associated with sleep deprivation. Here's how small changes in the workplace can improve your employees' sleep habits.



### Get up and move

Thirty minutes of exercise three times a week can help you sleep better. Go for a walk or a run at noon. If your workplace has fitness facilities, take a class or participate in a wellness activity.



### Cut out caffeine

Avoid products with caffeine (coffee, tea, soft drinks, chocolate, some pain medications) that can interfere with your sleep at least four to six hours before bedtime.



### Take regular breaks

Spending hours sedentary in front of a computer screen can lead to daytime sleepiness. Use a standing work station and take breaks to move around, stretch or go for a quick walk.



### Get some daylight

Your body needs natural light exposure during the day to help regulate the sleep-wake cycle. If your office is windowless or you don't sit near a window, consider using a light therapy box at your desk to simulate sunshine.



### Grab a nap

Science shows that snoozing improves alertness and learning and problem solving, while reducing fatigue and stress. If your workplace has a designated private area for breaks, give yourself an afternoon boost with a nap of 10-30 minutes.



### Snack healthy

Although sugary snacks and foods high in saturated fat can provide a quick afternoon boost, they are also linked to poor sleep quality. Good choices include protein like cheese or nuts, or complex carbohydrates like fruit or a bran muffin.



### Leave your work at work

Flexible work schedules can lead to a constant connection to smartphones and digital devices. Try to achieve a healthy work/life balance by setting limits on working late or through weekends and vacations.

In addition to providing **Home and Auto insurance**, we're committed to sharing tips that help support happy, healthy employees and workplace wellness.

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