

**Asset Management Toolkit**

Why sleep is absolutely critical to personal health and work safety.

Provide ideas on how to improve sleep hygiene at home.

What do I need?

- Laptop for YouTube video
- Link to YouTube video
- Meeting space
- Handouts
- Book by Matthew Walker, “Why We Sleep”

Flow

- Do short quiz on current attitudes toward sleep.
- Watch 5-minute YouTube video by Matthew Walker.
- In brief, sleep produces complex neurochemical baths that improve our brains in various ways. And it “restocks the armory of our immune system, helping fight malignancy, preventing infection, and warding off all manner of sickness.”
- Discuss ways to improve sleep hygiene.
- Questions?
- Ask employees to track number of hours slept and estimate quality of sleep.

Consider having a “Sleep Contest.”

Notes

What can I do to improve my sleep hygiene?

- Replace any LEDs bulbs in your bedroom, because they emit the most sleep-corroding blue light.
- If you’re fortunate enough to be able to control the temperature where you live, set your bedroom to drop to 65 degrees at the time you intend to go to sleep. “To successfully initiate sleep ... your core temperature needs to decrease by 2 to 3 degrees Fahrenheit,” according to Walker.
- Limit alcohol, because alcohol is not a sleep aid, contrary to popular belief. While it might help induce sleep, “alcohol is one of the most powerful suppressors of REM [rapid-eye-movement] sleep,” Walker says.
- If you can possibly take a short midday nap like our ancestors used to and some Mediterranean and South American cultures still do, you should (but no later than 3 pm). It will likely improve your creativity and coronary health as well as extend your lifetime.