

Sleep deprivation can have serious consequences

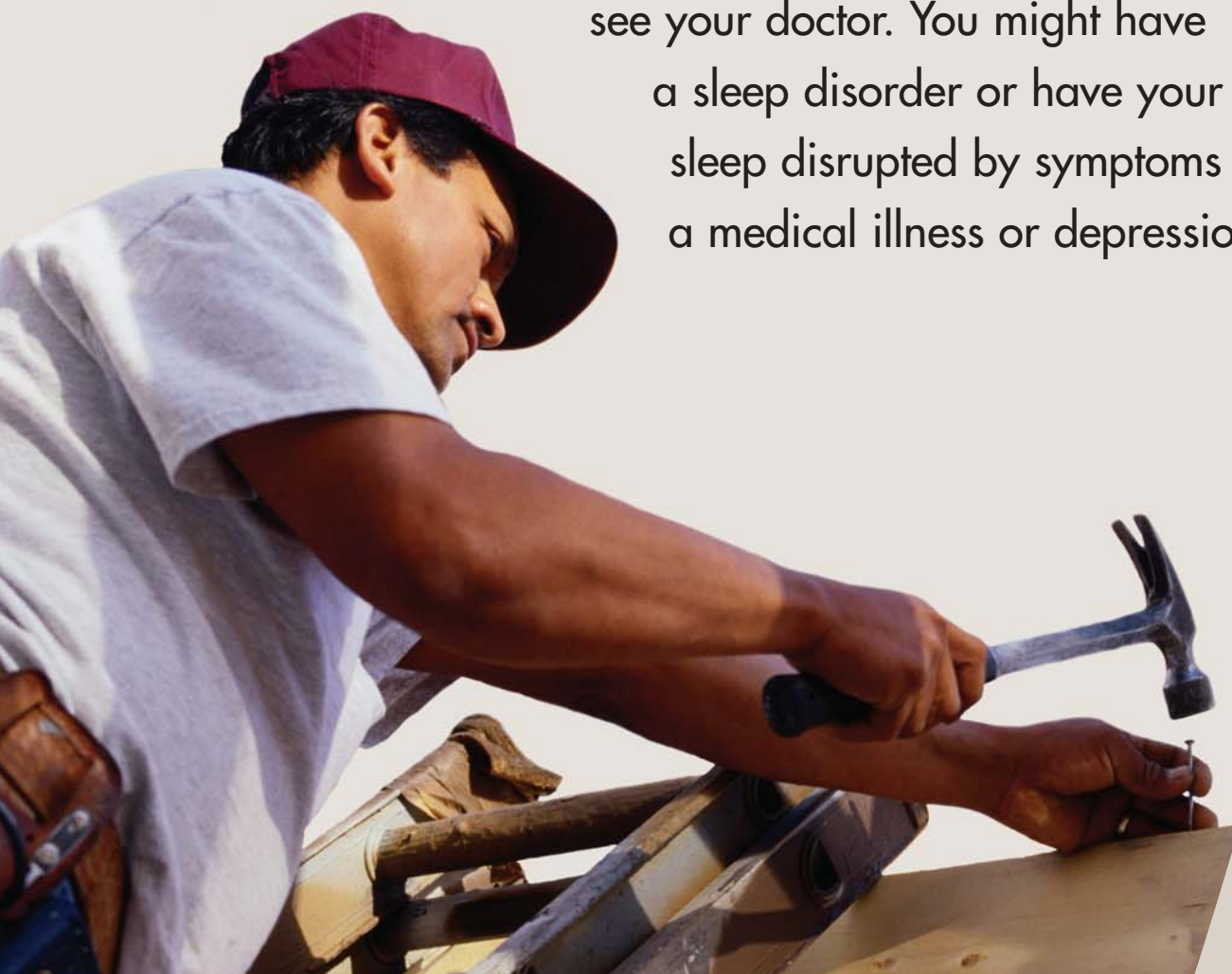


Don't lose any sleep over this ...

Sleep is good for you — if it happens at the right time. Unfortunately, many adults are not getting the recommended seven to eight hours of sleep per night. Think sleep may be causing you to “fall down on the job?” Look for these warning signs:

- Accidents at work or while driving your vehicle
- Decreased productivity
- Symptoms of depression due to sleep loss
- Difficulties with social relationships due to irritability
- Dozing off at your desk or while sitting inactive in other public places

If you notice any of these warning signs, see your doctor. You might have a sleep disorder or have your sleep disrupted by symptoms of a medical illness or depression.



Have you visited the Personal Health Manager at Blue Access® for Members? Log on today, complete a Health Risk Assessment and you'll find an eye-opening sleep assessment, log and other helpful resources.



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Source: Centers for Disease Control and Prevention

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