Sleep Health

Information about the importance of sleep

Most adults need 7-9 hours of sleep each day to function optimally and stay healthy. Sleeping problems are common however, with one third of adults typically not obtaining a sufficient quantity or quality of sleep several nights a week or more.

Short-Term Lack of Sleep can Lead to:

- irritability
- impaired memory
- slow response time
- poor decision making

Sleep deprivation also poses a significant safety risk at work when employees are required to perform tasks that have significant safety implications (e.g. when driving a vehicle).

Long-Term Lack of Sleep can Increase the Risk of:

- cardiovascular disease
- type 2 diabetes
- obesity
- mental disorders like depression

Regular sleeping problems can also affect the wellbeing of individuals by reducing their energy and motivation to engage in health-promoting activities such as exercise and spending time with family and friends.

Optimising Sleep Can Help:

- improve mood at home and at work
- improve quality of relationships
- make it easier to maintain a healthy body weight
- think clearer and quicker
- improve general physical and mental health

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources here: geb.flourishdx.com

View a video on this topic here:
geb.flourishdx.com/videos/sleep-health

STRESS
LACK OF ACTIVITY
POOR DIET

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Working in partnership to improve mental wellbeing