Subject 3: Protecting your sleep time

Once you have worked out how much sleep YOU need, it is important to protect the time required to obtain this amount on a consistent basis. It is not a good idea to just try and catch up on sleep on weekend. You will need to try and get enough sleep on work days as well.

Common reasons why people do not get enough sleep include:

- Taking sleep for granted
- Stress
- Failing to wind down before bed
- Too much caffeine or alcohol
- Shift work
- Jet lag
- Sleep disorders
- Other medical conditions and pregnancy

If you are struggling to meet your daily sleep need, it is important to first recognise what might be contributing to this. Develop a plan on what you will do to address this. If it is a medical issue, speak to your doctor. If it is a lifestyle choice (i.e. socialising or watching television late into the night), assess your priorities to ensure you can get to bed earlier.

By protecting your sleep time you can expect to experience all the benefits of obtaining the sleep you need and reduce the risk of physical and mental health issues. What changes do you need to make to ensure you get enough sleep regularly?

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.