The Importance of Sleep

According to NIH’s National Heart, Lung and Blood Institute, over fifty million Americans have sleep disorders and thirty percent of adults do not get the recommended amount of sleep each night. Poor sleep can be associated with type 2 diabetes, heart disease, obesity, and depression. Sufficient sleep is essential for healthy brain functioning, emotional well-being, and optimal daytime performance. The NIH website highlights the latest in sleep science and the effects of sleep deprivation and deficiency, and offers a guide to getting healthy sleep. In addition, the website has educational resources on sleep including a sleep brochure, a sleep diary, and a guide to healthy sleep. Healthy sleep habits should include going to bed at the same time every evening, even on weekends, holidays, and vacations; avoiding strenuous exercise, napping, screen light, sugar, caffeine, nicotine, alcohol, and heavy meals before bedtime; spending time outside during the day and engaging in physical activity; and keeping your bedroom quiet, cool, and dark at night.

For information and resources about addressing your sleep challenges or enhancing your sleep, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee well-being, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor’s Office of Employee Relations contributes on behalf of management/confidential employees.