

Managing Sleep Issues and Disorders

The economic impact of sleep disorders is estimated to cost Australia around \$14.4 billion annually. You can reduce your organization's costs and improve safety, productivity and wellness if your employees understand sleep and disorders better. Make sure fatigue management training includes sleep disorders.

Do you find it hard to get to sleep when you want to?

Do you wake up during the night for no apparent reason?

Do you wake up during the night thinking about things that need to be done?

If you answered yes to any of these questions you may be suffering from insomnia. Seek professional help.

Do your legs feel creepy at night or when you are really tired? Do you feel the need to stretch them and keep moving them? Does this cause you insomnia? You may have restless legs syndrome. For mild symptoms, speak to your pharmacist about a magnesium supplement. If this doesn't work, consult your general practitioner, who will assist with a treatment plan.



Obstructive Sleep Apnoea	Rarely	Once a Week	A few times a	Nightly
Do you get told that you hold your breath while you are asleep?	0	1	2	3
Do you sometimes wake up gasping for air or feeling like you are chok-	0	1	2	3
Do you wake up in the morning with headaches?	0	1	2	3
Do you snore that loud that you wake yourself or your partner up?	0	1	2	3
Do you get very tired during the day and find you want to go to sleep?	0	1	2	3

Score	
0 - 1	Very little risk of obstructive sleep apnoea
2	Medium risk of obstructive sleep apnoea - speak to a health professional soon
3 or more	High risk of obstructive sleep apnoea - seek help immediately

If pain disturbs your sleep, ask your health professional how to manage it so you can get to sleep and stay asleep. Stretching before sleep can often help.



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