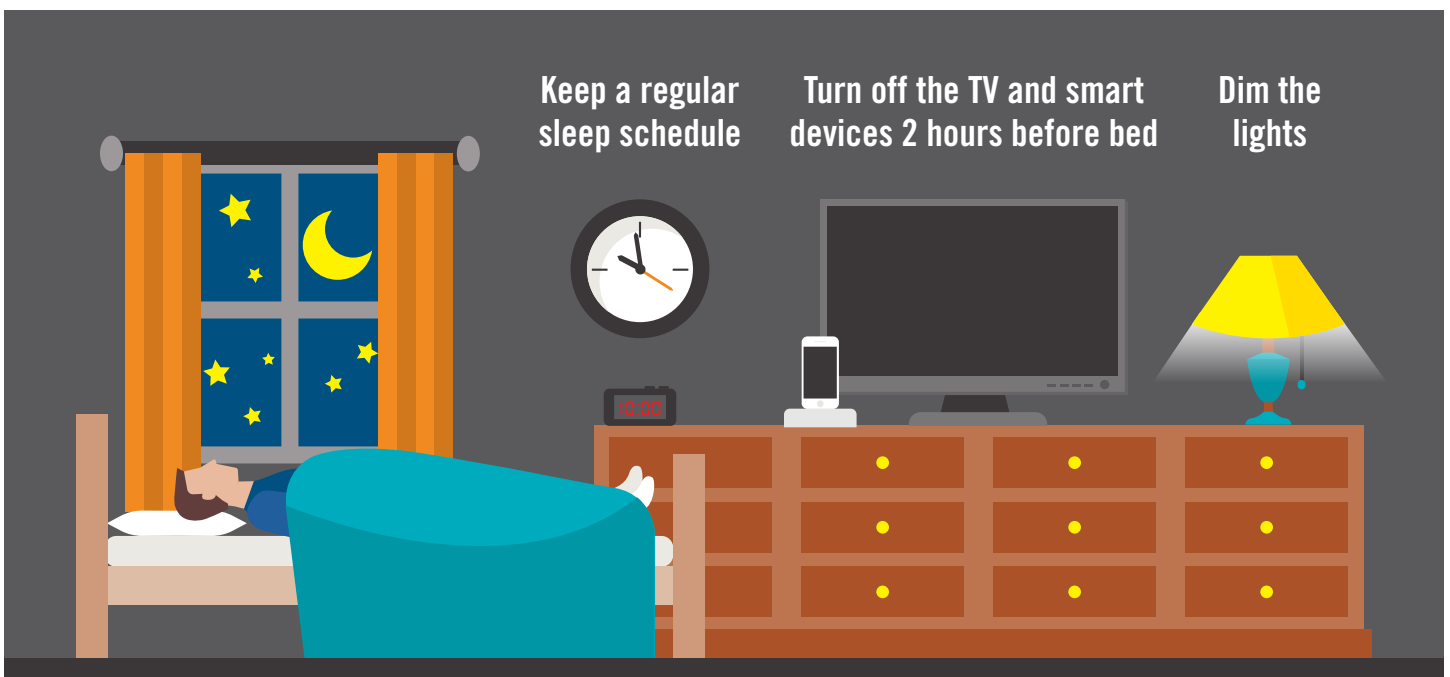




Too Stressed to Sleep?

Do you toss and turn because you have trouble falling asleep? Insufficient sleep (less than the recommended 7 to 8 hours a night) can deprive you of needed rest and make you fatigued, stressed and prone to accidents.

This month, help your co-workers make small changes to their sleep routines. At the end of the month, huddle up and discuss what worked best.



Activity:



Ask your teammates to adopt 1 or 2 of the recommended sleep tips.



Encourage them to track their sleep habits for one month using a smart device or writing journal.



At the end of the month, discuss your team's outcomes.

BONUS: Looking for a unit-based team health project?

- » Ask your team members to take the stress test on the next page.
- » Have them track their anxiety levels before and after making changes to their sleep habits.
- » Create a SMART goal to measure your team's results.

SMART goal example:

We will decrease our average stress level scores from _____
SPECIFIC
 to _____ . By _____ % using the stress scale as a
MEASURABLE ATTAINABLE RELEVANT
 metric by _____ .
TIME-BOUND (DATE)

Stress Test

Track your stress levels before and after making changes to your sleep routine. Choose the number that best describes your state of mind. Tally your score at the bottom.

									Before Sleep Changes	After Sleep Changes
1. I feel calm	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
2. I feel rushed; I do not seem to have enough time	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
3. I suffer from physical aches and pains, sore back, headaches, stiff neck, stomach aches	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
4. I feel preoccupied, tormented and worried	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
5. I feel confused; my thoughts are muddled, I lack concentration and I can't focus my attention	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
6. I feel full of energy and keen	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
7. I feel a great weight on my shoulders	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
8. I have difficulty controlling my reactions, emotions, moods or gestures	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		
9. I feel stressed	Not at all ○ 1	Not really ○ 2	Very little ○ 3	A bit ○ 4	Somewhat ○ 5	Quite a bit ○ 6	Very much ○ 7	Extremely ○ 8		

Add up your total score. If you scored:

40 and above: Severely stressed

20 – 30: A little stressed

30 – 40: Moderately stressed

Under 20: Not stressed

TOTAL: