

Sleep and Your Health



Adults (18+)
require between
7 and 9 hours of
quality sleep

Sunlight
adjusts your
body's internal
'clock' to align
with day & night

The stages of sleep

There are two types of sleep: REM and Non-REM. Each stage of sleep plays a part in ensuring you wake up feeling refreshed.

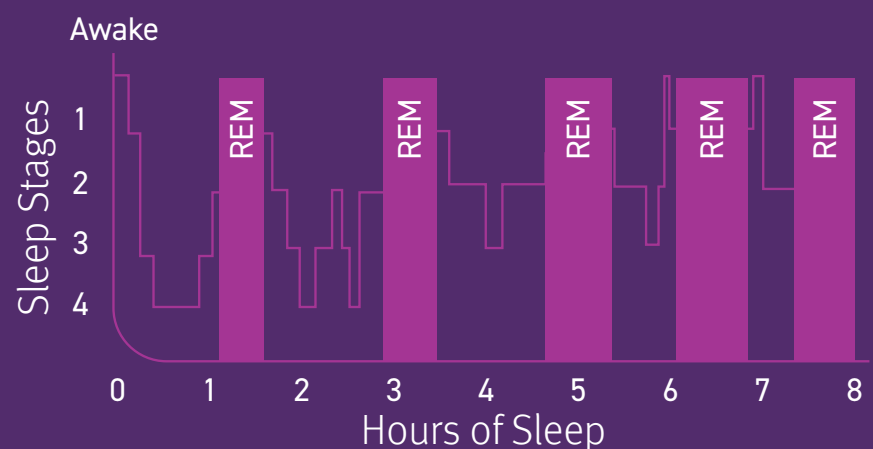
Stage 1: Very light sleep

Stage 2: Light sleep

Stage 3: Deeper sleep

Stage 4: Very deep, restorative sleep

REM: Rapid Eye Movement, dreaming



The importance of sleep

Your Body



- Helps to maintain / lower blood pressure
- Tissue repair and muscle growth
- Gives your immune system a boost

Your Mind



- Improve memory, attention and concentration
- Recover from the stresses of the day
- Lowers the risk of depression

Your Health



- Helps maintain a healthy weight
- Maintain/ improve your metabolism

If you have concerns about feeling fatigued at work

Speak with your Supervisor or Work Healthy Australia Onsite Health Provider.

1300 734 643

workhealthyaustralia.com.au
discoverwha@workhealthyaus.com.au