



HAVING TROUBLE SLEEPING?

EXERCISE MAY HELP



We all need sleep. Insufficient sleep has been linked with increased risks of weight gain, obesity, injury, cardiovascular disease, stroke, type 2 diabetes, cancer and depression.

Fire fighters have trouble sleeping. Approximately 40% of fire fighters have some form of sleep disorder (e.g., obstructive sleep apnea, insomnia, shift work disorder, restless leg syndrome), the majority of which have not been diagnosed and are not being treated.

Exercise may help. Research has shown that exercise can lengthen the time spent in deep sleep, the most physically restorative sleep phase, and promote increased sleep efficiency and duration regardless of the mode or intensity. The cognitive benefits of morning exercise may also help to overcome the fatiguing effects that result from being sleep deprived.

Be active today. Just 30 minutes of activity today could make a difference in sleep quality tonight.