

Thousand Dollar Decision

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

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Sleeping on the Road



Sleep is such an essential aspect of our well-being and energy levels. It is the time when our body repairs itself physically and is also when our brain consolidates memories and learning. Proper sleep is crucial for optimal physical and mental performance, and even lacking just a little sleep can lead to a whole host of health problems.

The importance of sleep cannot be overstated, especially for people in professions that require long hours and high levels of alertness, such as truck drivers. Today, we will explore the health benefits of proper rest and discuss how truck drivers can optimize their sleep while on the road. But, before we do, it's important to understand the "why" behind sleep. Having this understanding helps us stay the course while making positive health changes within our lives.

Let's dive in!



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Adequate sleep is associated with numerous health benefits! One of the most significant benefits is improved cognitive function. During sleep, the brain consolidates memories and learning, which helps to enhance cognitive performance. Lack of sleep can lead to impaired cognitive function, including memory, attention, and decision-making skills. Truck drivers can encounter decisions that require split-second reactions in order to maintain the safety of themselves and others on the road – potentially saving the truck driver and their company thousands of dollars.

Sleep is also critical for maintaining physical health, especially for those that work in such a sedentary profession. During sleep, the body repairs and rejuvenates tissues and organs. This repair process is crucial for maintaining a healthy immune system and reducing the risk of chronic diseases such as obesity, diabetes, and heart disease - all of which can impact truck drivers to a higher degree. Additionally, sleep is essential for regulating hormone levels, including those that control appetite, metabolism, and stress.



5 Ways to Optimize Sleep

Truck drivers often face challenges when it comes to getting adequate sleep. They have to deal with irregular schedules, long hours, and a noisy and uncomfortable sleeping environment. However, there are several things that truck drivers can do to optimize their sleep while on the road:

1 Stick to a Schedule: Try to maintain a consistent sleep schedule, even on days off. This will help regulate your body's internal clock, making it easier to fall asleep and wake up.

a. Getting sunlight first thing in the morning will help reset your sleep cycles - providing greater quality of sleep that night.

NOTES

WIND-DOWN: 7-9PM

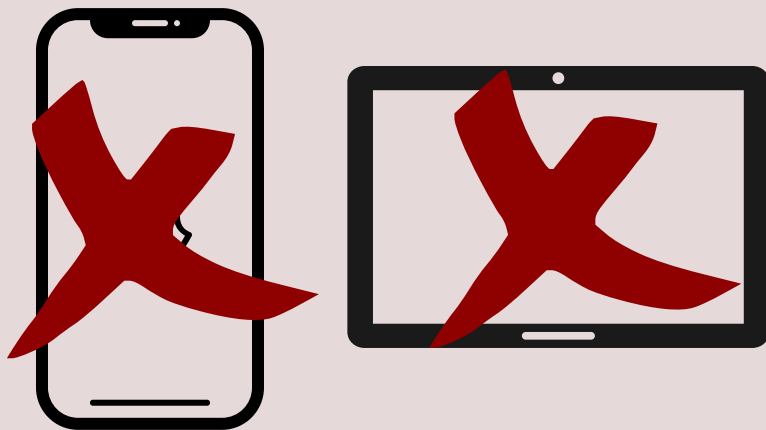
SLEEP: 9-11PM

WAKE UP: 5-7 AM

5 Ways to Optimize Sleep

2 Create a Sleep-Friendly Environment: Use earplugs or noise-canceling headphones, invest in a comfortable mattress and pillow, and use blackout curtains or a sleep mask to create a dark sleeping environment.

a. Additionally, blue lights can directly impair sleep quality, impacting the body's ability to get adequate deep and REM sleep types. Avoiding blue lights that come from electronic devices at night will be highly beneficial to the hormones which regulate sleep. If this is not possible, purchasing blue light blocking glasses can be a great alternative to limit the driver's exposure to blue light.



5 Ways to Optimize Sleep

- 3** **Avoid Stimulants:** Avoid caffeine and nicotine before bedtime, as they can disrupt sleep. Additionally, avoid alcohol as it can lead to poor-quality sleep.
- 4** **Practice Relaxation Techniques:** Try to wind down before bed by practicing relaxation techniques such as deep breathing or meditation. This can help calm the mind and prepare the body for sleep. We've covered this previously and will cover it in more depth in next month's write up - so stay tuned!
- 5** **Take Regular Breaks:** Taking regular breaks throughout the day to rest and recharge can help reduce fatigue and make it easier to fall asleep at night. It can be as simple as a walk in nature or at a rest stop, spending 5-minutes to allow the mind to wander aimlessly, or taking a quick cat nap.





In conclusion, sleep is crucial for optimal physical and mental performance, and lack of it can lead to a range of health problems. One of the major factors that impacts the ability of truckers to maintain their license can be their health! Prioritizing sleep is a FREE and a GREAT first step in minimizing the risk of these health issues. Truck drivers face unique challenges when it comes to getting adequate sleep, but by sticking to a schedule, creating a sleep-friendly environment, avoiding stimulants, practicing relaxation techniques, and taking regular breaks, they can optimize their sleep while on the road. Prioritizing sleep is essential for maintaining good health and ensuring that truck drivers can perform their jobs safely and efficiently.



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