

Our Mission

The Sleep Matters Initiative at Brigham Health is led by expert scientists and clinicians devoted to translating advancements in sleep science to improve public health, and to promote a worldwide culture of healthy sleep.

Economic costs of sleep deficiency in the US exceed \$411 billion* every year due to:

- Healthcare costs
- Occupational injuries
- Absenteeism (compensation paid when employees are away from work)
- Presenteeism (decreased productivity at work)
- Car crashes
- Industrial accidents

**Rand Corporation, 2016*

Useful Links for More Information on Sleep Health

- understandingsleep.org
Sleep health education program
- brighamandwomens.org
Brigham Health



About Brigham Health

Brigham Health, a teaching affiliate of Harvard Medical School, is a global leader in research and clinical care, devoted to maintaining and restoring health for patients regionally, nationally, and internationally.

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Sleep Matters Initiative

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 PARTNERS
HEALTHCARE

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Sleep Matters Initiative

**Improved Sleep
Leads to a Healthier Life**



**2018 Winner
Green Cross for Safety
Innovation Award**



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



Today's Hectic Lifestyles Lead to Poor Sleep Habits

- 69 percent of adults get insufficient sleep regularly.
- Nearly one-third of Americans sleep six hours or less per night – double the rate of 50 years ago.
- 50-70 million Americans suffer from chronic sleep disorders.
- Each month, 56 million Americans struggle to stay awake while driving and eight million fall asleep while at the wheel.
- More than 500,000 fatigue-related injuries occur annually.

brighamandwomens.org/sleepmatters

Sleep Matters Initiative – Services

Sleep Health Wellness, Education, and Screening Programs

Expert-led, train-the-trainer, and online formats available

- Customized presentations with video vignettes of employees, leading experts, and sleep health advocates
- Screening for common sleep disorders with immediate risk-level notification and one-touch scheduling that removes barriers to follow-up diagnostic evaluation. Optional sleep monitoring includes daily sleep diaries with immediate feedback and bedside monitors.

Schedule Design and Work Travel Policies Consultation

- Evidence-based work schedule design and recommendations for work hours and travel policies to optimize employee health, safety, and productivity
- Evidence-based recommendations to minimize jet lag

Fatigue Risk Management Program Evaluation

- Identification of best practices by occupation
- Quantification of program costs and benefits
- Collection of objective data
- Evaluation of outcomes following program implementation

Fatigue Risk Management Certification Program

- Multi-day focused educational course on fatigue risk management

Overview and Testimonials

More than 25,000 participants have completed our sleep health wellness and screening programs – including firefighters, physicians, police officers, emergency medical technicians, astronauts, and healthcare workers.

Our program participants have said:

"I want to thank you from the bottom of my heart... your program has changed my life. My energy and enthusiasm for life has improved dramatically."

— Program participant

"After it happened, I realized that I ran through two red lights when I was driving in my private truck. I guess in my mind I thought I was still driving the medic vehicle. That was one of the things that made me realize that fatigue is a real enemy to my health and safety."

— Lt. Mike Sachs, Columbus Division of Fire

Firefighters who were offered our program were 24% less likely to report an injury and used half as many disability days compared to firefighters in a control group.

