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.

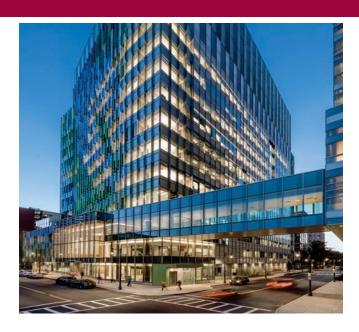
Economic costs of sleep deficiency in the US exceed \$411 billion* every year due to:

- 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



BWH BRIGHAM AND WOMEN'S Sleep Matters Initiative

Sleep Matters Initiative

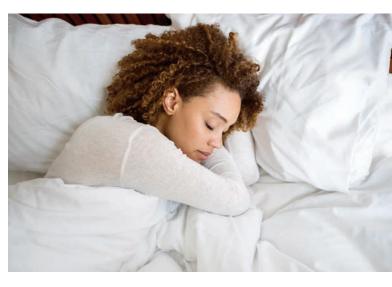
Division of Sleep and Circadian Disorders Brigham and Women's Hospital 401 Park Drive, Boston, MA 02215 sleepmatters@partners.org (617) 525-2617 brighamandwomens.org/sleepmatters



BRIGHAM HEALTH



Improved Sleep Leads to a Healthier Life









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.

