

Are You or Your Employee's Health at Risk Because of a Sleep Disorder?

The Connection Between Quality Sleep, Health, High Productivity and Safety



Absenteeism

Shift Work

High Stress

High Risk Jobs

Low Productivity

Employee Safety

Long Work Hours



The Sleep of America's Workforce

Restorative sleep is critical to obtaining peak performance from employees. Employees with untreated sleep disorders are at risk for incidences of:

- Impaired thinking
- Impaired judgement
- Trouble retaining information
- Dozing or falling asleep during the day
- Fatigue
- Absenteeism

- Risks
- Accidents
- Low Productivity
- Illness
- Expenses

According to the National Sleep Foundation, 40% of people surveyed indicated that they have experienced on the job sleepiness at least a few days a month. Sleeping problems in the workplace are costing companies an estimated \$150 billion annually in lost productivity, huge medical bills, and industrial accidents.

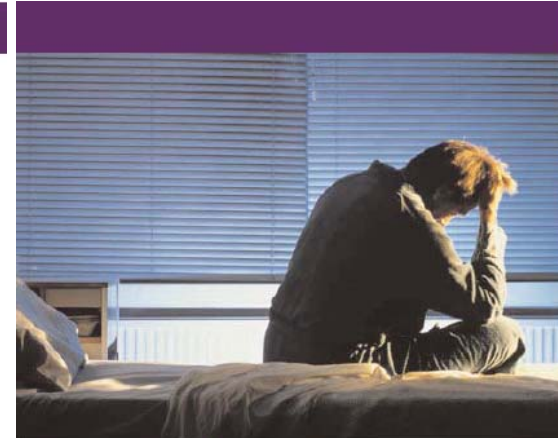
Undiagnosed sleep disorders affects the bottom line and can result in reduced productivity, increased costs from accidents, injuries, lawsuits and damages, legal costs to defend the organization and increased rates of workers' compensation premium.

The Relationship Between Sleep and Your Health!

Most sleep disorders are marked by symptoms such as excessive daytime sleepiness, difficulty initiating or maintaining sleep, abnormal movements, behaviors or sensations occurring during sleep.

The cumulative effects of sleep loss and sleep disorders have been associated with health consequences including an increased risk of:

- Hypertension
- Diabetes
- Obesity
- Depression
- Heart Attack
- Stroke



Improve Your Company's Productivity and Safety!

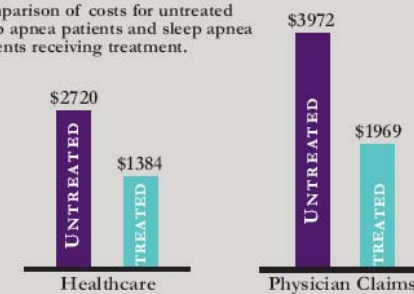
Tired employees are costing you money from:

- Reduced profits from lower productivity
- Increased workers' compensation costs
- Higher healthcare costs
- Absenteeism
- Lost customers from poor customer service and poor product quality

Sleep loss and sleep disorders are the most common yet frequently overlooked and readily treatable health problems. While sleep disorders are one of the least costly issues for employer's to focus on, there is a lack of awareness among the general public, health care professionals and employers.

Sleep screening is a fast, simple step an employer can take to help ensure the safety, productivity, health and quality of life of their workforce.

Comparison of costs for untreated sleep apnea patients and sleep apnea patients receiving treatment.



Source: Kapur 1999, Kryger 1996, Peker 1997

Occupational Health & Safety Programs

These programs should include screening, testing, diagnosis and treatment of sleep disorders, especially if the employees are employed in the following occupations:

- Truck drivers, delivery and transport services
- Airline pilots, ground crew and mechanics
- Train engineers, conductors, repair crews
- Firefighters, Paramedics and Police personnel
- Heavy machinery and crane operators
- Security personnel
- Construction crews
- All high-risks jobs

Truck Drivers at Higher Risk!

Poor nutrition habits, sedentary lifestyle, obesity and odd sleep schedules result in truck drivers being nearly 30% more likely to develop Obstructive Sleep Apnea (OSA), according to the Federal Motor Carriers Association. A recent study of 1,391 commercial truck drivers found that 28% had obstructive sleep apnea, with more than one-third being characterized as moderate to severe. Fatigued truck drivers are an accident waiting to happen.

While it is recognized that sleepy employees are costly for any business, the risk is significantly elevated for trucking companies who may face lawsuits, higher liability insurance and loss of revenue when a sleepy driver has an accident.



Worker Fatigue

Fatigue is a common problem among your employees in the workforce and the general population. Unfortunately, most individuals do not seek care or treatment. It is common for individuals to think that poor sleep is a normal part of aging or that poor sleep runs in the family.

A National Sleep Foundation study generated the following summary:

- 80% of employees with sleep apnea are undiagnosed and untreated
- 62% of adult Americans had a sleep disorder
- 34% of adults report snoring a few nights per week
- 40% of adults are so sleepy during the day that it will interfere with daily tasks
- 18% experience a significant level of sleepiness at least a few days a week or more

Why Use Merit and Resurrection?

Let Merit/Resurrection help you create a tailored program that meets the needs of your employee workforce and industry. Below are a few examples of what sets us apart from the rest.

- Diagnose & treat over 100 sleep disorders
- Free screenings for all employees & their families
- Continuum of care from screening to treatment
- Flexible, tailored treatment options
- Ongoing treatment follow-up
- Largest network of convenient locations
- Cost-effective pricing of services
- Highest quality of physicians

Redefining Quality Care

The Merit/Resurrection Sleep Center Network consists of numerous Chicagoland sleep centers, built and operated to meet the standards of the American Academy of Sleep Medicine, that provide high quality sleep disorder testing to adult, adolescent and pediatric patients.

Convenient Locations Include:

Arlington Heights

Chicago Lakeshore (Downtown)

Chicago Northwest* (at Resurrection Medical Center)

Des Plaines* (at Holy Family Medical Center)

Elmhurst

Evanston* (at Saint Francis Hospital)

Hoffman Estates (at St. Alexius Medical Center)

Hoffman Estates West (Prairie Stone Business Park)

Lincoln Park* (at Saint Joseph Hospital)

Lombard

Naperville

Oak Park

River Forest*

St. Charles

Streamwood (dedicated pediatric/adolescent)

Additional Locations Opening Soon!

*A Merit and Resurrection Health Care
joint venture sleep center



If you suspect you or your employee has a sleep disorder, contact us at 888-637-4848 for more information or fax referrals to (630) 652-7946.

www.meritsleep.com