



JIM C'S QUIZ OF THE WEEK

MONDAY - 5/21/2007

**May is also National Sleep Better Month;
Rule #1 - Pay off your sleep debt!**

HOW DID THE TERM "SLEEP DEBT" ORIGINATE?

Origin: The modern era of sleep research started in the 1950's.

Definition: The accumulated amount of lost sleep. The size of the sleep debt is the major determinant of the strength of the tendency to fall asleep at any particular moment while we are awake.

Clarification: The only way to reduce your individual sleep debt is by obtaining extra sleep over and above your daily requirement. Quality sleep also means that it is continuous and uninterrupted.

Warning: A large sleep debt increases our vulnerability to errors, injuries, accidents, catastrophes and death. Drowsiness is a red alert that means you may be only seconds away from sleep.

Cost: The annual cost is \$15 billion in health care expenses and as much as \$50 billion in lost productivity in the United States.

Interesting Note: As we get older, we tend to do fewer and fewer new things and the sleep process of filing and reorganizing becomes less and less significant. Thus, our sleep requirements diminish.

C W: Sleep = Time of Recalibration / Sleep Debt = Fatigue

Moment of Zen: An excellent mattress is a worthy investment