

Support the Sleep Matters Initiative

Generous donors make it possible for the Sleep Matters Initiative to change lives. Your generous donations help support our ongoing efforts to increase and promote sleep health education and screening for sleep disorders.

Our mission is to foster excellence in the treatment of sleep and circadian disorders, advancement of sleep science, training of future sleep clinicians and investigators, and promotion of a world-wide culture of healthy sleep.

These efforts include:

- Sleep 101 Educational Programs for High School and College Students
- Fatigue Risk Management Programs
- Travel Policies and Recommendations
- 24/7 Schedule Design

Donate to Sleep Matters Initiative:
www.bwhgiving.org/sleep

Our Mission

The Sleep Matters Initiative at Brigham and Women's Hospital 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*

Brigham and Women's Hospital, 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 and Women's Hospital**
Founding Member, Mass General Brigham

Sleep Matters Initiative

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2018 Winner
Green Cross for Safety
Innovation Award

 **Brigham and Women's Hospital**
Founding Member, Mass General Brigham



Sleep Matters Initiative

Improved sleep leads to a healthier life



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



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

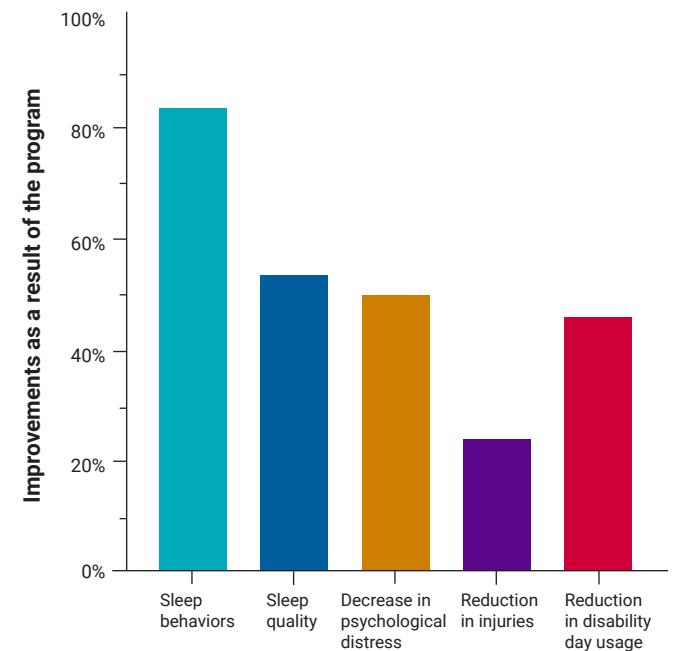
Fatigue Risk Management Certification Program

- Multi-day focused educational course on fatigue risk management

Results of our Sleep Health and Wellness Program

More than 30,000 participants have completed our sleep health wellness and screening programs – including firefighters, physicians, police officers, emergency medical technicians, astronauts, and healthcare workers.

Participation in our Sleep Health and Wellness Program has been associated with significant, impressive results, including more than 80% of attendees reporting positive behavior change and 45% reduction in disability days among participants.



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

Program Participant Testimonial

“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.”