

Mental Well-Being at Work: Sleep

Quality sleep is fundamental to our well-being. Good sleep improves our focus and lowers our stress and risk of burnout.



While it is highly beneficial, sleep doesn't always come easily. To help, we have curated tips to help you fall asleep and stay asleep. Try them out to make sleep an ally of your well-being.

Potential Project's *The Mind at Work* study reveals how sleep impacts our work performance and who is likely to get more quality sleep.

A GOOD NIGHT'S SLEEP IMPROVES FOCUS AT WORK.



41%

after < 6 hours of sleep



35%

after 7+ hours of sleep.

get distracted at work.

WOMEN GET LESS QUALITY SLEEP THAN MEN.



31%

of women



43%

of men

reported getting good sleep the night before.

PEOPLE WHO WORK FROM HOME GET LESS QUALITY SLEEP.



34%

working from home



46%

working at an office

reported getting good sleep.

WHAT YOU CAN DO

- 1. Experiment:** Make a commitment that for the next 2 weeks you will get 7+ hours of sleep every night. Notice changes in your well-being and ability to focus during the 2 weeks.
- 2. Catch the melatonin wave:** Go to bed when you start to feel drowsy. For most people this is between 10pm and 11pm. The drowsy feeling indicates that melatonin was released. It will help you fall asleep and improve the quality of your sleep.
- 3. Relax your mind:** Avoid mentally stimulating activities for 1 hour before bedtime. Instead of working, take a walk, tidy up, do the dishes, listen to music, etc.
- 4. Practice a few minutes of mindfulness:** Do a short focus training while sitting on your bed, followed by two minutes of relaxed breathing while lying on your back. Then turn on your side and drift off to sleep.

The Mind at Work is Potential Project's bi-annual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees' moods and mental states within the flow of a work week to reveal the true employee experience.