

A lack of sleep can affect your mind and body.

Keep seasonal allergies in check with these top tips.

A monthly safety newsletter from
Crendon Insurance Brokers

How to Combat Sleep Deprivation

Sleep problems are common in the United Kingdom—1 in 3 Britons suffer from poor sleep, according to the National Health Service (NHS). You may feel like this is not you and that you are getting enough sleep every night, but if you sleep for an average of less than seven hours every night, you may be sleep deprived.

Shift workers, people who work multiple jobs and people with demanding work hours are more at risk of sleep deprivation than people who work standard hours during the day.

The amount of sleep needed varies from one person to another, but in general, adults need seven to nine hours every night to feel well rested and alert.

The main symptoms of sleep deprivation go beyond excessive daytime sleepiness—other side effects include:

- Irritability
- Lack of motivation
- Lack of concentration
- Anxiety
- Restlessness

Sleep deprivation can wreak havoc on your physical health. It can lead to high blood pressure, heart attack, obesity and diabetes, according to the NHS.

Sleep is a vital part of your body's natural rhythm—it boosts immunity, helps keep you slim, increases mental well-being, jumpstarts your sex drive, prevents diabetes and wards off heart disease.

If you are having trouble falling asleep at night, use these tips to help you snooze:

- Stick to the same bedtime during the week and on weekends.
- Create a relaxing bedtime ritual.
- Avoid naps, especially in the afternoon.
- Exercise every day.
- Make your bedroom cool (15-19° C), dark and quiet.
- Avoid caffeine, alcohol and nicotine close to bedtime.

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Don't Let Summer Allergies Ruin Your Outdoor Fun

Summer is the best time to enjoy the outdoors. Picnics, camping trips and outdoor festivals offer opportunities to get outside. But if your seasonal allergies are acting up, you could end up feeling miserable instead of joyful.

Warm temperatures and high humidity can put a strain on seasonal allergy and asthma sufferers. Depending on where you live, summer can be the peak time for some types of pollen, smog and even mould.

Though it may seem like summer allergens are everywhere, you can take some measures to help curb the symptoms of allergies.

Stay Indoors

Try to stay indoors between 5am and 10am, when outdoor pollen counts tend to be the highest. If being outdoors between those times is unavoidable, plan ahead and take your allergy medication before you go outside. If you wait until you experience symptoms, the medication will not be as effective.

Check Out Your Garden

Doing garden work is an inescapable task in the summer, which can be made worse if you suffer from allergies. Check your garden for allergens, as well as other irritants such as oak, birch and cedar trees. Plants such as ivy, lavender and wallflowers can also trigger allergies. Do your best to get rid of the allergens so you can enjoy your garden.

Wear a mask when you mow the lawn to prevent inhalation of allergens. Afterwards, take a shower, wash your hair and change clothes.

In Your Home

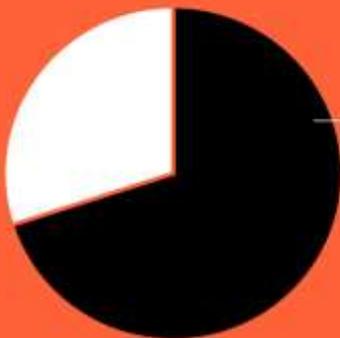
It may be tempting to open your windows to let in the warm summer breeze. But doing this could aggravate your allergies. Instead, keep your windows closed and use your air conditioning or fans.

By staying alert and prepared, you can alleviate some of your allergy symptoms.



Safety in NUMBERS 12³

One-third of the population now get by on five to six hours of sleep a night compared to 27 per cent in 2010.



70 per cent of people sleep for seven hours or less.

Real-life Case Study

Two shift workers in a London warehouse were driving front-end loaders to load bags of sugar cane into a hopper for a manufacturer.

One worker told the other that he felt tired after only sleeping for four hours before his shift that night. He said his mind was wandering and he could not stop yawning. His co-worker assured him that they were halfway through their shift, so he would be home in a few hours.

The tired worker was slowly backing away from the hopper when he momentarily fell asleep. He hit his co-worker's loader, broke the windows and struck his co-worker in the chest, severely injuring him.

An investigation of the accident revealed that the worker who fell asleep at the wheel had indeed not had sufficient sleep in the previous 12 hours. Sleep deprivation was found to be the cause of the accident.

This accident could have been prevented if both workers had recognised the signs of sleep deprivation and the tired worker had been removed from operating heavy machinery.