

Fall 2020 COE Safety Newsletter

Focusing on Sleep Health

As we move farther into the semester and our lives get ever busier, our sleep is often the first thing to be neglected as we try to keep up with demands. Being fatigued can have serious impacts on our health and safety, but some simple steps can help you get the rest you need.

- 1) Keep to a schedule for sleep, just as you do for other aspects of your life. When you miss out on sleep, it can affect more than just your productivity; fatigue can lead to decreases in cognitive performance, vigilance, accuracy and judgement, among many other effects. Chronic sleep deprivation can cause a number of serious health risks, such as depression, obesity, cardiovascular disease and other illnesses¹
- 2) Exercise regularly. Exercise and quality sleep are bidirectional and can increase your overall healthfulness.²
- 3) Focus on what you can control. To make your sleep as restful as possible – remember A.C.E.S.
 - A: Alcohol – While drinking alcohol may make you feel drowsy, it can actually interrupt your circadian rhythm and cause poor-quality sleep. It can also make you more prone to snoring and sleep apnea.
 - C: Caffeine – As a stimulant, consuming caffeine can disrupt your sleep patterns. Avoid it for as long as six hours before bedtime.
 - E: Environment – Keep your bedroom cool and dark. Consider darker curtains and turning down the thermostat.
 - S: Screens – The blue light from TVs, phones, tablets and other electronic devices can keep your body from producing melatonin, the hormone that helps you relax and get to sleep. Avoid screens for at least 30 minutes before bed. If you use electronic devices at night, consider installing an app that filters the blue/green wavelength at night.³



¹[Caruso et. al, 2016](#), ²[Kline, 2014](#), ³[Tähkämö et. al, 2018](#)

COVID and Research: Updates from COE Safety

- COE Safety will continue to order and distribute disinfectant spray, paper towels, face masks and face shields throughout COE buildings. We will also provide gloves to labs unable to acquire them through MDS. Use the [CoE Smart Restart Ordering Form](#) for all items.
- Labs looking to train new users on equipment should be using the [COE in-person training procedure](#) for the safety of all lab occupants.
- For additional information on COVID-19 operations at UW, check out the [Smart Restart](#) webpage.

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