



---

---

---

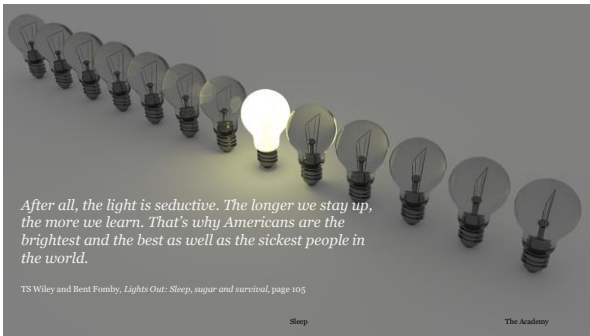
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

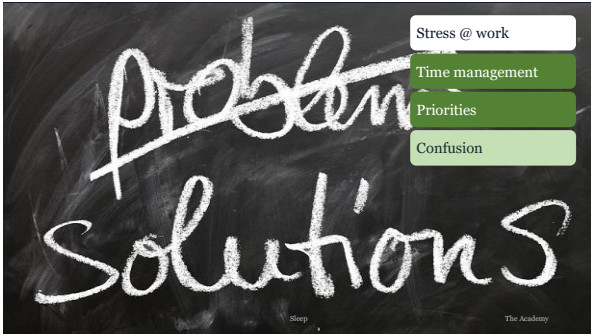
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

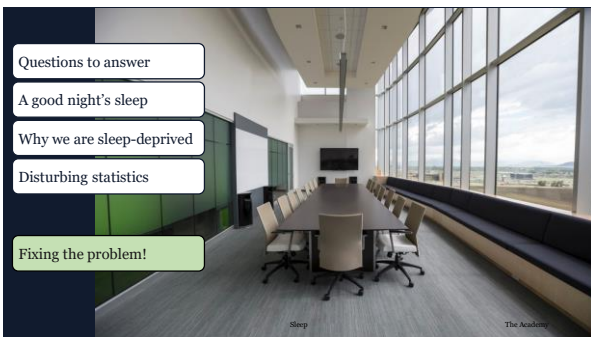
---

---

---

---

---



---

---

---

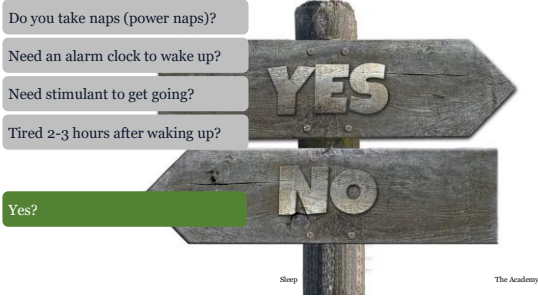
---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

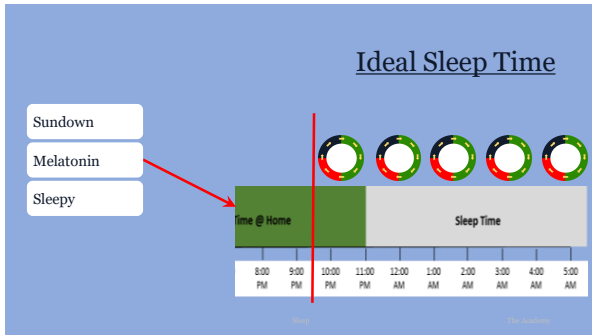
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

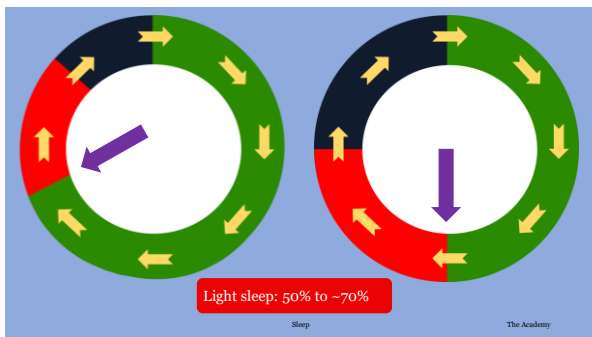
---

---

---

---

---



---

---

---

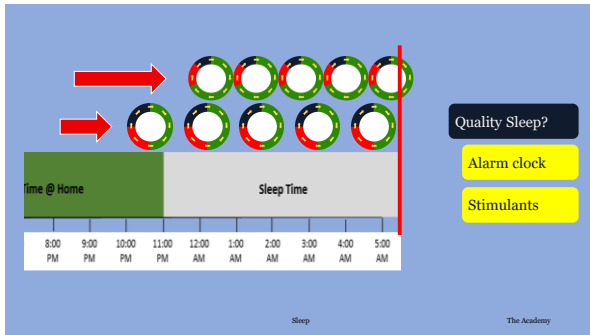
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

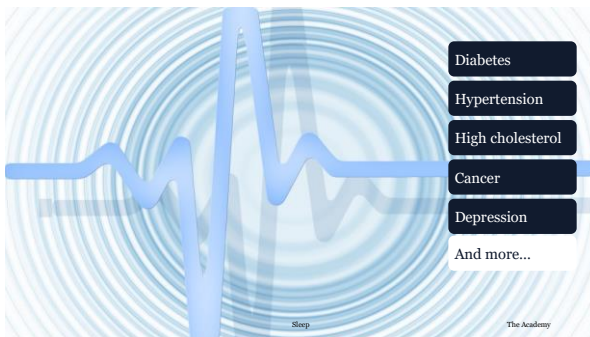
---

---

---

---

---



---

---

---

---

---

---

---

---

Diabetes	Stroke	Tachycardia
High blood pressure	Dementia	Crohn's disease
High cholesterol	Alzheimer's	Sleep apnea
Hyperthyroid	Depression	Retinopathy
Hypothyroid	Stress	Glaucoma
Digestive cancers	Leukemia	Migraines
Osteoarthritis	Cirrhosis	Myopathy
Rheumatoid arthritis	Renal cancer	Chronic fatigue syndrome

---

---

---

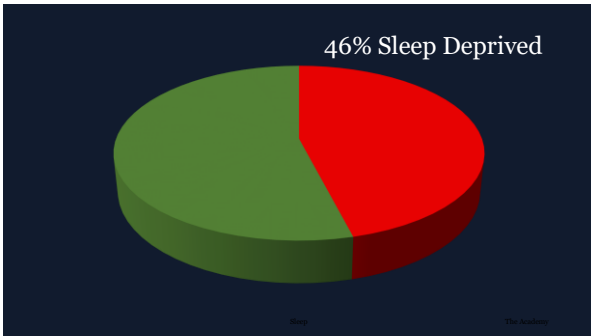
---

---

---

---

---



---

---

---

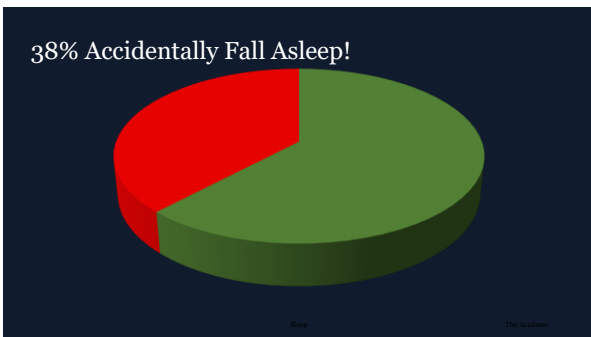
---

---

---

---

---



---

---

---

---

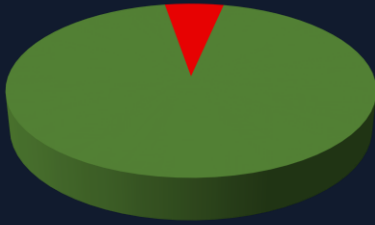
---

---

---

---

6% Accidentally fall asleep while driving!



---

---

---

---

---

---

---

---

### Bad Habits



---

---

---

---

---

---

---

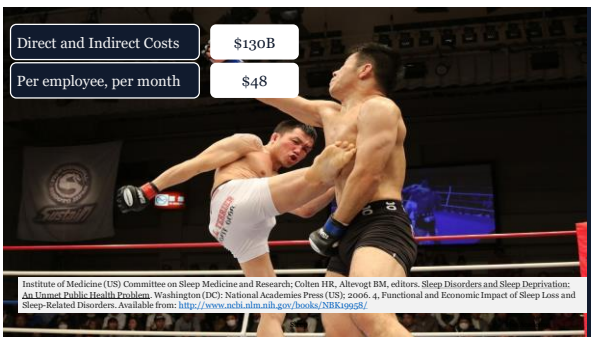
---

Direct and Indirect Costs

\$130B

Per employee, per month

\$48



Institute of Medicine (US) Committee on Sleep Medicine and Research; Cohen HR, Ahevgol BM, editors. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. Washington (DC): National Academies Press (US); 2006. 4. Functional and Economic Impact of Sleep Loss and Sleep-Related Disorders. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK19928/>

---

---

---

---

---

---

---

---

- Bed earlier
- \*Sleep pattern / bedtime routine
- Implement recommendations



---

---

---

---

---

---

---

---

- Lights
- Temperature
- Sound
- Relax

2 Bonuses: Exercise and work



---

---

---


---

---

---

---

---



- Lights trick our brain
- Suppress melatonin
- Disrupt sleep cycles

- Limit exposure: 1hr optimal
- Electronic devices
- [www.justgetflux.com](http://www.justgetflux.com)

---

---

---

---


---

---

---

---





Body hard @ work

Prepare and repair

Stay cool!

Lower temp 2-3 degrees

Sleep

---

---

---

---

---

---

---

---



Turn brain off – rhythm

Prevent external sounds

Noise maker, fan, waves

TV doesn't count!

Sleep

---

---

---


---

---

---

---

---



Stress of the day

Disengage

Yoga

Meditation

Deep breathing

Read

Sleep

---

---

---

---

---

---

---

---



---

---

---

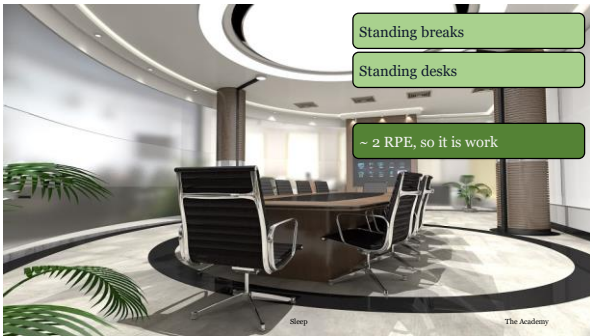
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

# Enroll in The Academy!

<http://thehealthperformanceinstitute.com/lucky/>

---

---

---

---

---

---

---

---

# Get in touch with us!

## Online

[www.thehealthperformanceinstitute.com](http://www.thehealthperformanceinstitute.com)  
[www.briansekula.com](http://www.briansekula.com)

## Social Media

Brian Sekula, LinkedIn: [www.linkedin.com/in/bsekula](http://www.linkedin.com/in/bsekula)  
Brian Sekula, Facebook: [www.facebook.com/brian.sekula3](http://www.facebook.com/brian.sekula3)  
Brian Sekula, Twitter: [www.twitter.com/bsekula](http://www.twitter.com/bsekula)  
HPI, Facebook: [www.facebook.com/HealthPerformanceInstitute](http://www.facebook.com/HealthPerformanceInstitute)

## Email

[info@thehealthperformanceinstitute.com](mailto:info@thehealthperformanceinstitute.com)  
[bsekula@briansekula.com](mailto:bsekula@briansekula.com)

---

---

---

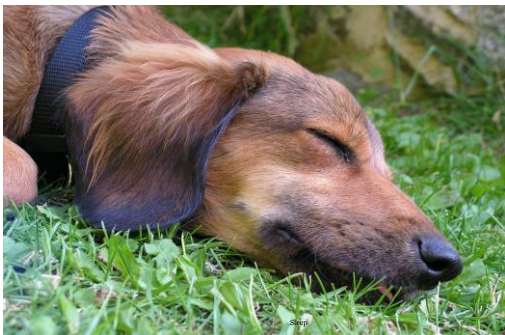
---

---

---

---

---



Questions?

---

---

---

---

---

---

---

---