

Tired?

Did you know...

Poor sleep (insomnia, difficulty falling or staying asleep or waking early) can be related to stress, depression or use of alcohol or sedatives. Poor nighttime sleep is related to drowsy driving and accidents on and off-the-job. Use of alcohol to alleviate stress or depression can initially make you feel drowsy enough to fall asleep but can have a hand in creating the condition of sleep apnea.

Telltale signs:

- loud snoring
- complaints from the sleep partner
- gasping
- weight gain
- daytime drowsiness

Typical Profile:

- Male: 40 years old, overweight
- Females: post-menopausal

Medical consequences:

- high blood pressure
- obesity
- GERD
- insulin resistance
- risk of stroke

Visit our website to learn more
about our services

<http://www.bnl.gov/hr/occmcd/EAP/default.asp>

**Contact EAP
for an appointment**

PHONE: Ext. 4567

EMAIL: nlosinno@bnl.gov.

The EAP at BNL provides short-term education, counseling, and referrals to community resources for problems relating to:

- poor quality sleep
 - performs screenings for sleep problems
 - refers employees to local board certified sleep doctors and sleep treatment centers
 - conducts a short-term sleep apnea support group
- stress
- depression
- alcohol/substances abuse



Remember...

snoring is not a laughing matter!