



People Are Now Going to Work Despite Sleep Deprivation, New Study Reveals

August 25, 2017

August 25, 2017 - PRESSADVANTAGE -

Nutriden Inc. the Calgary, Canada based nutrition supplements brand has highlighted a new trend of people going to work as a part of its sleep awareness campaign.

In a recent study put out by the National Safety Council, it was found that people are not getting an adequate amount of sleep and are therefore coming to work tired. This is a dangerous trend as a tired mind increases the chances of workplace accidents from occurring. While taking a mild sleep aid for better rest is one strategy, there exists many ways in which people can ensure they get a good night's sleep so that their performance doesn't suffer.

According to Tom Schumlich, spokesperson at Nutriden Inc. "While working late hours might show a person's dedication to their job, it only makes them more tired and reduces their productivity in the future. It is important for employers to train their workers in conserving their energy in the right way through a balanced diet and healthy sleep."

The author of the study, Emily Whitcomb, says, "This report was really a wakeup call for us. We found that

nearly everyone in the survey was at risk for fatigue.? About 97 percent of the respondents in the National Safety Council survey reported at least one risk factor. They also found that more than 37 percent of workers are sleep deprived. Those who are most at risk work the night shift, long shifts or irregular shifts.

Fatigue during work hours can not only put the employee at risk, but also all of their co-workers and the place of employment as well. According to the research study, more than 1 in 4 survey participants admitted that they have fallen asleep at work in the past month. One in 6 admitted to falling asleep while driving.

These statistics are inconceivable if one is trying to create or maintain a safe workplace. Whitcomb went on to say, "Employers play a big role here, as well. Employers should educate themselves on the consequences of fatigue in the workplace and they should be educating their employee on fatigue and sleep help."

It is important for every person to get a good night's sleep in order to work effectively. While that may not be available to those who work in shifts, it is important for everyone to take whatever precautions that they can, which includes taking the help of a natural sleep aid. For more on insomnia and other sleep issues that are plaguing scores of people today, visit Nutriden Inc's official website or log on to its Amazon store.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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