



Getting Plenty of Sleep

Getting plenty of sleep is a very important part of your personal safety. Most people need 7.5-8.5 hours of sleep each 24-hour day.

Sleep loss built up slowly over several nights can be as harmful as sleep loss in one night. Both produce a decline in performance such as slower reaction times, failure to respond to changes, and the inability to concentrate and make reasonable judgments.

Research that tested a fatigued state from continuous hours of wakefulness against blood alcohol levels concluded that:

1. 17 hours awake is equivalent to a blood alcohol content of .05
2. 21 hours awake is equivalent to a blood alcohol content of .08 (the legal limit in Ohio)
3. 24-25 hours awake is equivalent to a blood alcohol content of .10

In addition to fatigue caused by shortened periods of sleep, the quality of sleep during the day is not the same as during the night. People have a natural tendency to be awake during the day.

Every person has a circadian rhythm - an internal biological time clock. This rhythm follows body temperature and changes our level of mental alertness.

Typically, in a 24-hour period, our alertness is reduced between the hours of 3:00 and 5:00 during the day and the night. So during night shifts, workers are fighting against their natural rhythm to stay awake at a time when they would naturally sleep.

Tips to Fit Your Sleep Style

Each of us has an innate sleep style that can affect every part of our lives, from personal to professional. Figuring out yours can help you get the most out of the hours you're awake and improve the quality of your sleep.

What Is Sleep Style?

Your sleep style is your body's natural tendency to sleep at a specific time, called its chronotype. You may naturally be an early riser or more likely to stay up late.

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Chronotype can affect everything from your desire for food and exercise habits, to even your core body temperature. Depending on your chronotype, you may feel more awake during one part of the day and drowsier at other times.

Chronotype is similar to circadian rhythm -- your built-in body clock that dictates your sleep-wake cycle -- but there are differences. Circadian rhythm responds to cues in the world around us, like light and room temperature. Your body then releases the hormone melatonin, which helps you sleep.

Chronotype, on the other hand, is more fixed. Researchers think your age, sex, and other genetic factors decide it.

The Impact of Sleep Style

So what happens when your natural sleep style clashes with day-to-day life? You may be a night owl but still have to wake up for work or school at 6 a.m. Then you catch up on sleep on your days off to make up for the sleep you missed. Experts call this difference between the things you need to get done and what your body craves “social jet lag.”

Many people change their sleep schedule on the weekend, then have trouble falling asleep on Sunday night as they’re trying to readjust for work the next morning. “It’s like changing time zones.

With social jet lag, you likely feel tired all the time, and it’s hard to focus when all your body wants is sleep. It can affect morning larks, too. If you usually go to bed early, you’re winding down as nighttime activities are ramping up.



Scientists have found that social jet lag can affect your mental and physical health. They’ve linked it to heart and blood vessel disease, obesity, and depression, but they need to do more.

Tips for a Well Productive Sleep

- One of the most important things you can do is keep a regular sleep schedule. Wake up and go to bed at the same time every day, even on weekends.
- Limit the amount of time you spend in bed, a type of therapy called sleep restriction. Let’s say you’re typically in bed for 8 hours but only sleep for 6. Sleep restriction is when you’re only in bed for the number of hours you sleep. You’ll start to sleep better, and little by little, you can spend more time in bed as long as it’s not disrupting your rest.
- When you awake in the morning, open your blinds or turn on the light, eat a bit of food, and exercise. They act as cues to turn on your body clock.

Although these tips may work no matter your sleep style, it’s much harder to change the circadian rhythm of those who are more active after the sun goes down, like night shift workers. Your body clock may adapt to a schedule of working at night and sleeping during the day. But if you take a few days off, it will probably revert to a standard way of sleeping.

Humans never adjusted very well to being nocturnal animals. You can’t fool mother nature.

2022 IMEA CALENDAR

February

12 Supervisor Safety Auburn

March

8 - 10 Apprentice Top-Out Exam Scottsburg

13—17 IMEA 613 Advanced Workshop Scottsburg

20—31 IMEA 610 Wood Pole Climbing
Workshop Scottsburg

April

10—14 IMEA 612 Intermediate Workshop Scottsburg

May

8 – 12 IMEA 611 Basic Workshop Scottsburg

24 – 25 Line Clearance Arborist
Certification Frankfort

June

6 – 8 IMEA 212 Transformer Theory
& Connections Scottsburg

16 – 21 APPA National Conference

July

19 – 20 Insolate & Isolate Scottsburg

August

9 Excavation Competent Person Frankfort

21 - 25 611 Basic Workshop Scottsburg

September

11—15 IMEA 612 Intermediate Workshop Scottsburg

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