EMPLOYEE WELLNESS

STEARNS COUNTY SHERIFF'S OFFICE

SLEEP IS REPAIR

Not rest. Repair.

WHY IT MATTERS

One of the most important areas of a person's health is their sleep habits. Sleep is when your body and brain repair themselves: restoring muscle and tissue, clearing waste from the brain and resetting stress hormones. It's one of the most important things you can do for your health.

7–9 HRS

of sleep a night is recommended for adults so the brain can function normally.

18 HRS

awake impairs you about as much as a .05 PBT. At 24 hours it's closer to .10.

LIGHT

entering your eyes sets your body clock and tells your brain when to make melatonin.

LIGHT RUNS YOUR CLOCK

Circadian rhythm is driven by light.

01 Light is the strongest signal for your body clock.

02 Darkness switches melatonin on. Bright light, including screens, can suppress it.

03 **Get early sunlight.** Morning daylight anchors your rhythm so you get sleepy at the right time.

04 Dim lights and screens before bed.

SHORT SLEEP COSTS YOU

It shows up everywhere.

01 **Sleep deprivation = hunger cravings.** It raises your hunger hormone and lowers your fullness hormone.

02 Good sleep habits support the brain's overnight recovery, including its antioxidant defenses.

03 **Caffeine reduces fatigue. It does not provide fuel.** It masks sleep debt; it doesn't pay it back.

04 Tired reaction time, judgment and memory look a lot like alcohol impairment.

SLEEP HELPER

Tart cherry juice, 8 oz once or twice a day. Tart cherries contain natural melatonin, and small studies show a modest boost to sleep. Choose unsweetened and count the calories.

PROTECT YOUR SLEEP LIKE YOU PROTECT YOUR PARTNER.

Sources: American Academy of Sleep Medicine & National Sleep Foundation (7–9 hrs); Williamson & Feyer, Occup Environ Med 2000 (17–19 hrs awake ≈ .05 BAC); Dawson & Reid, Nature 1997 (24 hrs awake ≈ .10 BAC); Spiegel et al., Ann Intern Med 2004 (sleep loss and hunger hormones); Pigeon et al. 2010 and Howatson et al. 2012 (tart cherry). Fact-checked October 2026.

FOR MORE WELLNESS GUIDANCE, CONTACT

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