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Exhausted employees are costing companies millions



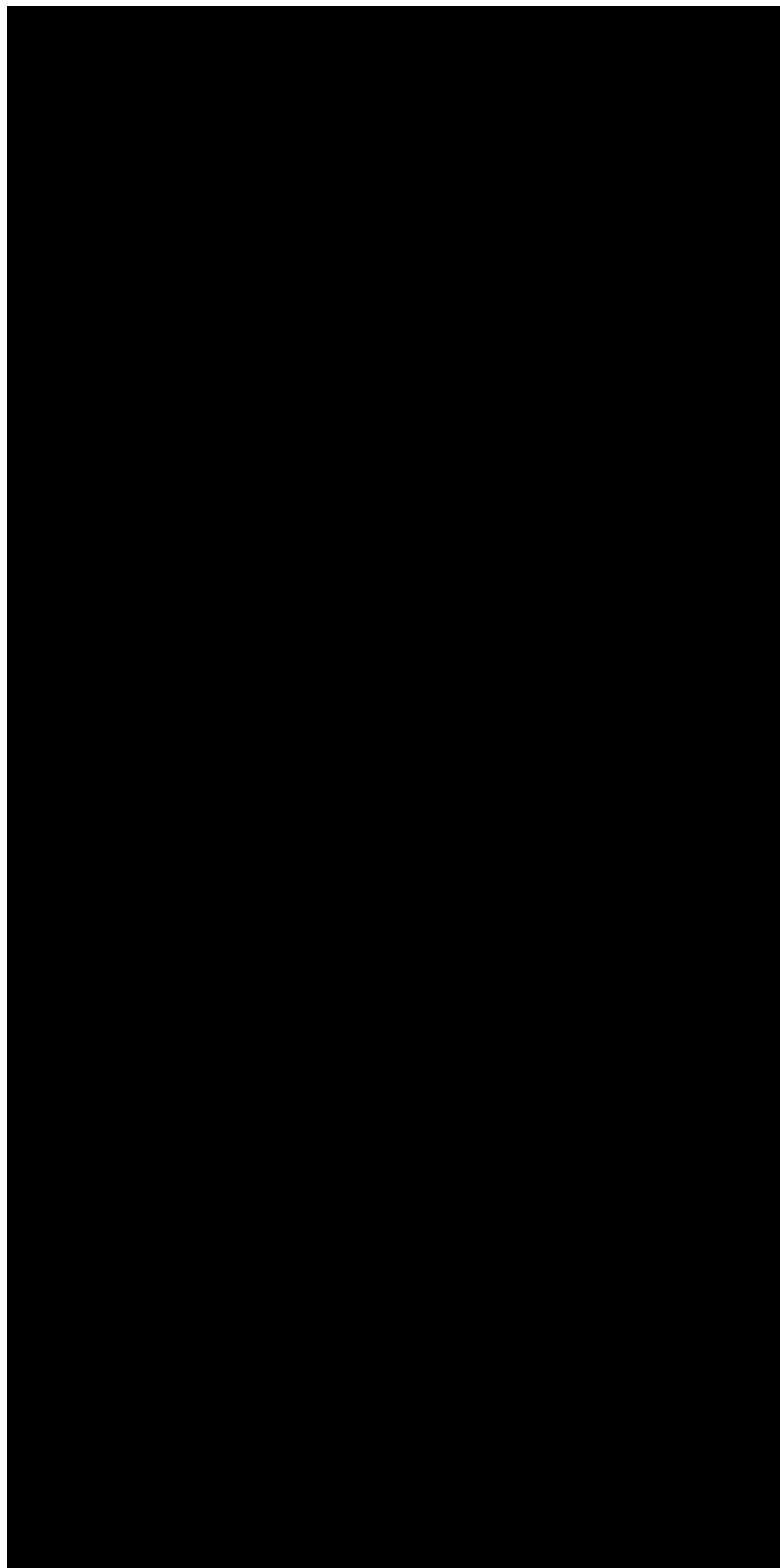
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National Desk Staff

We all know the saying "there's never enough hours in the day." From picking up the kids, to making dinner and trying to have a social life of your own, sometimes sleep becomes a low priority.

Well, it turns out that the less we sleep, the more money we cost our bosses.



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Researchers from the National Safety Council and the Brigham Health Sleep Matter Initiative have released a new study which shows that sleep deprived employees are costing employers big money.

Sleep disorders and sleep deficiency could cost an average employer \$1.4 million each year in absenteeism, diminished productivity and healthcare. The study says that the cost of fatigue in an average-sized Fortune 500 company climbs as high as \$80 million annually.

The research discovered a single employee with obstructive sleep apnea can cost employers over \$3,000 in excess health care costs.

"This research reinforces that sleepless nights hurt everyone," said Deborah A.P Hersman, president and CEO of the National

Safety Council. "Many of us have been conditioned to just power through our fatigue, but worker health and safety on the job are compromised when we don't get the sleep we need."

By using the Fatigue Cost Calculator for Employers, researchers were able to provide details on how much money a company can save by implementing an employee sleep health education programs. An average Fortune 500 company could save nearly \$40 million every year if just half of its workers engage in a sleep health program, according to the study.

"Promotion of healthy sleep is a win-win for both employers and employees, enhancing quality of life and longevity for workers while improving productivity and reducing healthcare costs for employers," said Dr. Charles A. Czeisler, director of Brigham Health's Sleep Matter Initiative.

To find out how much employee fatigue could be costing your company, [click here](#).



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She joins other stars like James Earl Jones, who is playing Mufasa, Donald Glover, who is playing Simba, and a cast that also includes John Oliver, Seth Rogen and Keegan-Michael Key.

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