

The Missing Piece in Employer Wellness Programs

Employer wellness programs are designed to curb or prevent the progression of chronic health conditions such as type 2 diabetes, hypertension, heart disease, and obesity, and when implemented correctly, effectively reduce the cost and improve the overall health of the workforce. A wellness program which lacks a sleep care program like SleepCharge is missing out on additional healthcare savings and healthier employees.

83M

AMERICANS SLEEP LESS
THAN 7 HRS PER NIGHT

The quality and quantity of sleep greatly affects the body's ability to effectively prevent and control existing conditions.

2.9x

MORE LIKELY TO CAUSE
ACCIDENTS WHEN FATIGUED

Obtaining restful sleep has positive effects on the body and promotes better cognition, motor skills, and awareness.

27%

POPULATION WITH TWO OR
MORE CHRONIC CONDITIONS

Healthcare costs associated with chronic conditions can decrease when adults get 7-9 hours of sleep.



Prevention is A Key & Essential Piece

COMPANIES THAT IMPLEMENT WELLNESS PROGRAMS FOCUS ON BOTH PRIMARY AND SECONDARY PREVENTION

- Primary prevention includes lifestyle changes and annual assessments
- Secondary prevention focuses specifically on disease management
- Those who get less than 7 hours of sleep are at a greater risk of developing high blood pressure, obesity, type 2 diabetes, and other chronic health conditions



Sleep is Crucial for the Success of Wellness Programs

EMPLOYEES FUNDAMENTALLY NEED CONSISTENT, RESTFUL SLEEP IN ORDER TO EXECUTE JOB FUNCTIONS

- Sleep deprived individuals are more fatigued, more likely to make errors, and are less resilient
- Additionally, statistics show that workers with unmanaged sleep problems are 50% less productive



Medication Efficacy is Often Dependent on Sleep

HEALTHCARE DOLLARS FOR CHRONIC CONDITION MEDICINES ARE WASTED WHEN SLEEP DISORDERS GO UNADDRESSED

- Research shows that the medications for treating chronic conditions such as type 2 diabetes and hypertension become essentially ineffective for patients with untreated sleep disorders
- For the sake of their employees and healthcare spending, companies need to address sleep issues within their employee populations and incorporate sleep health management solutions