

THE CORRELATION BETWEEN SLEEP AND WORKFORCE PERFORMANCE

Besides exercise and nutrition, sleep is essential for peak personal and professional performance. The ramification of ignoring this underrated activity is dire for both employees and employers.



In today's modern world where our attention is demanded on various fronts – work, household responsibilities, childcare, financial worries, relationship issues, illness – it seems like sleeping for eight hours every night is a waste of precious time.

Not surprisingly, when people are scrambling to get through their never-ending to-do list or make time for a little fun, they decide to cut back on sleep. Unfortunately, we cannot afford to do so as the quantity – and quality – of our sleep directly affects the quality of our waking life.

THE POWER OF ZZZs

When a person fails to sleep the required number of hours and attain quality sleep, a sleep debt is formed. This debt accumulates over time and leads to a person's decreased attentiveness and short-term memory, inconsistent performance, a delayed response time, inability to handle stress, and also paves the way for a host of emotional and physical issues.

All these are very real consequences that ultimately diminish a person's performance, which in turn can hamper a company's productivity. Add absenteeism due to illness and an increase in health insurance benefits costs, and poor employee health can certainly drag a company down.

Despite the irrefutable consequences of insufficient and poor sleep, many executives neglect it and consider fatigue to be the norm for their profession, especially so in this age of frequent

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business travel. Little do people realise that going into a meeting or negotiation jet-legged is an invisible handicap!

By simply getting sufficient hours of quality sleep each day, employees will feel energetic and alert throughout the day, even during boring activities.

A shift in mindset is thus imperative in cultivating the proper attitude – that sleep is as fundamental to performance as good nutrition and regular exercise is.

MULTI-TASKING WHILE SLEEPING

Where a sleeper has accumulated a sleep deficit, the power nap is often used as a supplement. Indeed, research is abundant in supporting the benefits of a power nap, particularly after a poor night of sleep.

However, for many working professionals, taking a power nap is not a realistic option.

The question, then, is about how one can reap maximum benefit from the time that one actually spends in bed to heal and rejuvenate body, mind and soul.

Indeed, there are numerous products in the market that promise to aid in helping a person get a good night's sleep. But why settle for just “a good night's sleep” when you can significantly improve metabolism and cardiovascular health, ease joint aches and even sharpen mental acuity?

Founder and CEO of Singapore company, Rev22, Veronica Ong, has developed a complete sleeping system, “Energia”, that claims these benefits – and more.

A state registered nurse and a lively lady with three grown



children, Veronica is the picture of good health and is the perfect poster girl for her company and its star product, “Energia”. She smiles with her eyes, and her happiness is literally refreshing – not unlike the effect of a good night’s sleep.

Her present-day vigour was not the case a few years ago though, when Veronica was diagnosed with acute hyperthyroidism. Seeking a drug-free way back to health she discovered a mattress that, within weeks, had stabilised her condition without her having to take any medication, much to the surprise of her doctors. With her condition under control, Veronica was finally able to have a good night’s sleep, which she attests led to an improved quality of life.

Determined to share the benefits of this finding with others, she started researching and learnt that tourmaline, a therapeutic mineral found in her “magic” mattress, emitted both Far Infrared Rays (FIR) and negative ions.

FIR are invisible light rays that penetrate our body’s tissues and stimulate cellular activity at a subcutaneous level. Veronica explains: “These days we don’t go out in the sun. We’re so afraid of the damaging UV rays that we miss out on the good stuff, the Far Infrared Rays.”

Once absorbed, the heat slightly expands our blood capillaries, which, according to the principles of Traditional Chinese Medicine (TCM), opens up the meridians through which “chi” flows. Sluggish “chi” results in blockages at the chakras, the body’s main energy points. Veronica compared it to a public transport system: “Think of a chakra as a busy MRT interchange. When there’s congestion

at a chakra, all the surrounding stations – the body’s organs and systems – are affected.”

Veronica found that the absorption of FIR from the tourmaline-filled bedding, and the subsequent improved flow of “chi” through the body, significantly improved blood circulation, metabolism, waste elimination, cardiovascular health, and the functions of the endocrine and nervous systems. At the same time, joint aches and pains diminished and mental agility sharpened.

Meanwhile, the negative ions emitted by tourmaline stabilised free radicals and normalised cellular function. “When the atoms that make up our blood cells are exposed to positive ions, they lose an electron and become unstable. They then roam around our bloodstream as so-called free radicals, sticking to cells at random in a bid to gain an extra electron and stabilise themselves. This disrupts cellular activity, resulting in cell aging and triggering mutations which can cause cysts and tumours, both benign and malignant,” Veronica elaborates.

After rigorous research, sourcing and testing, Veronica launched “Energia”, Rev22’s specially developed sleeping system that

comprises pillows, comforters, mattress pads, sleeping cocoons, eye masks and bed socks. Each item is made from specially patented fibres interwoven with a combination of semi-precious stones, comprising mainly of high quality tourmaline.

Since its inception, Rev22’s “Energia” sleeping system has seen its users report positive improvements in medical conditions ranging from asthma and diabetes, to Parkinson’s disease – allowing for a better night’s sleep.

SLEEP MATTERS

For an activity that takes so little effort, sleep delivers a multitude of benefits, from improving mental alertness, productivity, regulating moods, creativity, physical vitality, and even a person’s weight.

Sufficient quality sleep is a necessity and not a luxury if an executive wants to feel

his best, stay healthy, and perform at his peak. This is where a product like “Energia” can make a difference to a time-stretched workforce. Used as part of a holistic approach to wellness, it promotes overall well-being which leads to quality sleep. How’s that for maximising productivity while sleeping? **HC.**

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Rev22 is offering readers of Human Capital a free live blood analysis that will help you better understand your body and its sleep-related needs. Simply call (6535 4677) or email Rev22 (info@rev22.com). For more information, visit www.rev22.com

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