

BECOME A CRISIS ATHLETE™ PART 3

RETHINK AND REIMAGINE WHAT YOU KNOW ABOUT RESILIENCE.
LEAD WITH YOUR BRAIN - THE CRISIS ATHLETE™ WAY.

UNDERSTAND YOUR BRAIN



The persistent lack of sleep, to include reduced sleep, can have a profound impact on your brain and overall health. Lack of sleep is associated with diminished functioning in areas we know are imperative to effective leadership, such as Concentration, Decision Making, Memory, Reaction Time, and Emotional Regulation. It also increases things we know are NOT associated with effective leadership, such as Anxiety, Irritability, Impulsiveness, and Susceptibility to Illness/Absenteeism.

While, we've "heard it all before", challenge yourself to examine a few facts through a different lens:

Our brains need time to process daily. **TOO LITTLE SLEEP** (even less than 7 hours) can limit cognitive resources. But, **SLEEPING TOO MUCH** (even 8.5 hours) can be just as bad as too little. Keep in mind, there is a '**SLEEP CURVE**'. The amount of sleep **YOU** need is not necessarily what someone else needs.

Sleep-deprived people can do great work on less sleep, but the effect is very short-term. Essentially the amygdala ("lower brain"- responsible for regulating emotional reaction and control) begins to rule, and "higher brain" functions diminish. **FOR EVERY HOUR OF SLEEP WE LOSE, SIGNIFICANT COGNITIVE RESOURCES ARE LOST**, which can only be replenished through sleep.

Sleep deprived people do not notice the decrease in their **PERFORMANCE**. In fact, the part of the brain responsible for assessing how well we perform is **SHUT OFF**, making us believe we're making **GOOD DECISIONS**, when we may be doing the **EXACT OPPOSITE**. If everyone in your operations center/organization is sleep deprived, how effective do you think your decisions will be?

STRATEGY 3 : SLEEP

MASTER THE POWER NAP

Instead of reaching for the late-afternoon coffee, try a nap instead.

A power nap has the ability to significantly improve your alertness and performance. Research shows the best time to nap is ~ 7-8 hours after waking. For maximum benefit without grogginess, set a timer for 20-30 minutes, find a quiet place, turn out the lights, and recharge your brain.

GO DEVICE-FREE FOR 30+ MIN BEFORE BED

Blue light is produced by electronic devices, and can interfere with the body's natural 'wind down' process.

PRO TIP: Devices, and especially social media, are purposefully designed to keep your brain wanting more.

REMEMBER: Understanding your brain's triggers, empowers behavior change.

MORE NATURAL LIGHT

Our bodies need natural light (sunshine/daylight) to maintain their circadian rhythm, which includes sleep/wake cycles. If you can't work in a natural light setting, eat a lunch/snack outside or by a window. And/or take a quick (5+ minute) walk outside at least twice. On the night shift? Use blackout curtains to block sunlight from entering your sleep space.

**LACK OF SLEEP IS ASSOCIATED WITH VULNERABILITY TO DISEASE AND ILLNESS.
SLEEP IS A DISEASE-FIGHTING WEAPON WE MUST PACK IN OUR ARSENALS.**



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