

Survey suggests billions lost to insomnia in productivity

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In an era when workplace productivity is in high demand, a new research study suggests more than \$60 billion are lost each year due to insomnia in America.

Researchers discovered through the WHO Health and Work Performance survey of more than 7,400 U.S. workers that each person lost slightly more than 11 days of productivity due to being “sleepy, tired or fatigued.”

Individually, those 11 days added up to \$2,280 per worker.

Almost 20 percent claimed to have had some form of insomnia and low on-the-job work performance.

“Unfortunately this study affirms what we see daily in our sleep clinics and hear on the radio. Well-intentioned, hard working Americans are plagued by sleep disorders such as Insomnia – which not only affects their work performance – but dramatically harms their health. Fortunately, there are reasonable solutions we recommend every day for our patients,” stated Dr. William H. Noah, founder of Sleep Centers of Middle Tennessee and the Sleep Doctors Radio Show.

The same study also revealed that the amount of lost production decreased more than 30 percent when proper remedies were applied to the workforce.

Dr. Brian Wind, co-host of the Sleep Doctors Radio Show and Clinical Director at the Sleep Centers of Middle Tennessee said, “Insomnia can be caused by a number of issues and can easily be misdiagnosed. It’s vital for a person’s health that they receive a professional evaluation if they’ve had problems either falling asleep or staying asleep for over 30 days. Insomnia issues are always in our top 5 of disorders we see in the clinic or hear about on the radio, but be encouraged—insomnia can be successfully treated.”

An abstract of the study can be found at [here](#).

The Sleep Doctors Radio Show airs weekly on SuperTalk 99.7 WTN addressing the issue of sleep disorders for listeners and callers.

The Sleep Doctors are William H. Noah, MD (board-certified in Sleep Medicine) and Brian M. Wind, PhD (board-certified in behavioral sleep medicine) and practice sleep medicine with the Sleep Centers of Middle Tennessee.

For more information about Insomnia and other sleep disorders, visit the [Sleep Doctors Radio Show website](#) or call into the radio show on Sunday Mornings at 9 a.m. on 99.7 FM locally at 615-737-9986 or anytime at 1-866- SLEEP20.