



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

JUNE 2020

Managing Sleep

Sleep is as important to the human body as food and water, but many of us don't get enough sleep. Insufficient sleep, inadequate quality of sleep or disruptions to the sleep-wake cycle (such as those that occur with shift work or travelling to a different time zone) have consequences for how we function in the daytime, causing sleepiness and fatigue.

Sleep deprivation is a general term to describe a state caused by inadequate quantity or quality of sleep, including voluntary or involuntary sleeplessness or sleep disorders.

A sleepy fatigued person is accident prone, judgement impaired and more likely to make mistakes and bad decisions. Staying awake for 24 hours leads to a reduced hand-to-eye coordination that is similar to having a blood alcohol content of 0.1. This is why sleep deprivation contributes to road accidents and work injuries.

Adults need an average of 8 hours sleep. Let's say that a person who needs eight hours of sleep per night only gets six. This two-hour sleep loss



WHATS COMING UP

Special points of interest:

- DRY(ish) JULY - you can now choose between 14, 21 or 31 days to go dry this July. Join at dryju-ly.com
- National Diabetes week, July 12 - 18th

Even through the COVID-19 government restrictions are lifting, please remain cautious to protect your family and colleagues

Common Causes of Fatigue

- Changing shifts & rosters
- Not taking a break when tired
- Insufficient sleep or rest
- Exceeding work hours
- Medications
- Poor diet
- Alcohol & other drugs
- Mental Health conditions

Impacts of Insufficient Sleep

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| • Reduced alertness | • Poorer memory | cy |
| • Shortened attention span | • Reduced concentration | • Loss of motivation |
| • Slower than normal reaction time | • Increased likelihood of mentally 'stalling' or fixating on one thought | • Errors of omission – making a mistake by forgetting to do something |
| • Poorer judgement | • Increased likelihood of moodiness and bad temper | • Microsleep – brief periods of involuntary sleeping that range from a few seconds to a few minutes in duration |
| • Reduced awareness of the environment and situation | • Reduced work efficiency | |
| • Reduced decision-making skills | | |

Fight Fatigue with Food



Are you feeling tired and lethargic despite getting a good amount of sleep? It might be time to have a good look at your diet - it's very important if you want more energy in your daily life. Food is the ultimate fuel source, just like an engine if it is getting too much of something but missing out on other vital nutrients it just won't run as well as it should. Suggestions include:

- **Drink plenty of water** – sometimes you feel tired simply because you're mildly dehydrated. A glass of water will help do the trick, especially after exercise.
- **Be careful with caffeine** – anyone feeling tired should cut out caffeine. The best way to do this is to gradually stop having all caffeine drinks (that includes coffee, tea and cola drinks) over a three-week period. Try to stay off caffeine completely for a month to see if you feel less tired without it.
- **Eat breakfast** – food boosts your metabolism and gives the body energy to burn. The brain relies on glucose for fuel, so choose carbohydrate-rich breakfast foods such as cereals or wholegrain bread.
- **Don't skip meals** – going without food for too long allows blood sugar levels to dip. Try to eat regularly to maintain your energy levels throughout the day.
- **Eat a healthy diet** – increase the amount of fruit, vegetables, wholegrain foods, low fat dairy products and lean meats in your diet. Reduce the amount of high fat, high sugar and high salt foods.



- **Don't overeat** – large meals can drain your energy. Instead of eating three big meals per day, try eating six mini-meals to spread your kilojoule intake more evenly. This will result in more constant blood sugar and insulin levels. You'll also find it easier to lose excess body fat if you eat this way.
- **Eat iron rich foods** – women, in particular, are prone to iron-deficiency (anaemia), which can lead to feeling fatigued. Make sure your diet includes iron-rich foods such as lean red meat.

Resource: Betterhealth.vic.gov.au

Easy Italian Baked Eggs

This easy and tasty breakfast, lunch or dinner dish can be baked in just 10 mins in the oven while you are busy doing everything else you need!

Serves 1

Recipe from damndelicious.net

INGREDIENTS

- 1/2 cup marinara sauce (or any tomato based sauce)
- 2 eggs
- 2 tablespoons milk
- 1 tablespoon shredded cheese
- 1 tablespoon parmesan
- Salt & pepper to taste
- 1 slice sour dough bread (if desired)
- Garnish with basil if desired

METHOD

1. Heat the Oven to 180 degrees.
2. Place marinara sauce into the bottom of a ramekin or small baking tray.
3. Top with eggs, milk and cheese. Season to taste.
4. Place into oven and bake until egg whites are cooked through (about 10 mins)
5. Serve immediately, garnished with basil leaves and slice of sourdough if desired.



EXERCISE TO HELP YOU SLEEP

Regular exercise has so many benefits. It can improve your immune system, reduce stress, boost alertness and improve sleep quality. There's no one perfect exercise that will enhance your sleep, any type of movement is better than none, but these three specific activities are scientifically proven to help you get better sleep.



YOGA

Yoga's relaxing poses and stretches, as well as the calming breathing exercises that accompany them, may be especially helpful if stress is what's keeping you from falling asleep.

TRY THESE

- Knee Hug
- Gentle spinal twists
- Happy baby pose
- Cat cow
- Downward dog
- Forward fold (feet together)
- Runners lunge
- Lizard pose
- Wide stance forward fold
- Cobra pose
- King Pigeon
- Triangle pose



AEROBIC EXERCISE

Activities that get your heart rate up have shown to improve sleep and battle insomnia. Even small bursts, such as 10 minutes, may help. Aim for 150 mins each week. Aim to do this at least 1- 2 hours before going to bed.

TRY THESE

- Running
- Fast walking
- Cycling,
- Swimming
- Star jumps
- Martial Arts
- Skipping
- Dancing
- Football
- Tennis
- Basketball
- Hiking



STRENGTH TRAINING

Building muscle has been shown to improve the quality of sleep, and it can also help you fall asleep faster and wake up less frequently throughout the night.

TRY THESE

- Push ups
- Squats
- Dips
- Lunges
- Bicep curls
- Shoulder presses
- Abdominal curls
- Turkish get ups
- Glute Bridge
- Plank
- Barbell rows
- Superman's

APP OF THE MONTH



This one is a no brainer! If we want to get back to living our lives as normally as possible we all need to download the COVIDSafe app as soon as possible! While the new COVIDSafe app is completely voluntary, downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus.



Meet a McColl's Champion

Name: Wade Priestley

Job Role: NSW & QLD Driver Trainer

Depot: Bomaderry

Division: People & Culture

Time at McColl's: 8 years

Best food hack to keep healthy eating on track: Keeping a tub of cut veggies at hand.

Quote that inspires you: "Success is not final, failure is not fatal: it is the courage to continue that counts."

— Sir Winston S. Churchill



How do you incorporate activity into your day especially now in isolation? I try and go for a bike ride with the kids when I am working from home. Back in the depots I use the excuse to check out the trucks and trailers parked up to get away from the office and walking.

What motivates you to exercise and eat well? I enjoy the alone time when I am jogging. My phone rings all day, I ignore that when I am out exercising. The rule with my garden is that it should be edible, my kids forage in the garden for snacks rather than the kitchen cupboard. I am terrible at staying away from sweets, having an edible garden motivates me to harvest what we grow and enjoy it.

As a driver trainer, what do you recommend to truck drivers to manage fatigue and schedule rest breaks?

- Having a routine is great as your body will get into a rhythm ready for a good sleep. Have a shower before bed or video chat with your family, read a book or go for a walk. Keep the routine consistent, try and pull up every night about the same time.
- Try and plan ahead for breaks, meet up with a mate and have a chat, it's more relaxing than sitting in a parking bay waiting for the clock to tick over.
- Schedule your major rest breaks away from customer sites, there is always too much going on to get a decent sleep.
- Take control of your own fatigue management and speak with your scheduler about tasks ahead, tell them when you plan to have a major rest break. Every person in the Chain of Responsibility needs to be a part of fatigue management, don't leave it up to someone else figure out.
- Don't plan to have rest breaks on the maximum times, always have a backup plan - things always change, that is transport. You are always more valuable than the freight, the freight can wait until you are fit and ready for work.

Contact Us

Megan Taylor

Health & Wellness Coordinator

92-96 Barwon Terrace

South Geelong, VIC, 3220

0437 600 421

mtaylor@mccolls.com.au

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