DATA SUGGEST THAT FIREFIGHTERS RISK OF GETTING CANCER CAN BE RELATED TO AN INDIVIDUAL’S SLEEP DEPRIVATION

Study of 6,933 firefighters from 66 US fire departments

- 40% of firefighters found with sleep apnea, insomnia and work shift disorder
- 80% undiagnosed and unaware of their disorder

All Emergency service organizations should stress the importance of daily rest and recovery time dedicated to napping. Napping can be just as important as exercise and nutrition.

REST DOES NOT DEFY WORK ETHIC, IT ENHANCES IT!