



# FORE YOUR SAFETY!

Promoting Tournament Safety for Employees, Volunteers and Guests

## Importance of Sleep – Counting Birdies!

Golf, especially tournament golf, is unique in comparison to the other major professional sports leagues regarding sleep and sleep habits. PGA TOUR events are spread far and wide across the globe and therefore across many time zones. Someone may wake up in a new time zone that is vastly different than where they went to sleep and may face symptoms caused by “jet lag”. Sleep related challenges caused by the demanding PGA TOUR schedule differ for everyone but it is important to ensure that it does not impact your ability to practice safe behaviors.

### Causes of Poor Sleep

Poor sleep can be the result of many factors, however there are some common reasons for those who travel or work tournaments with the PGA TOUR.

- Anxiety and the pressures involved with professional golf events (gates opening and tightly mown grass come to mind)
- Frequent use of cell phones and other “blue light” technology to remain plugged into the event
- Inconsistent sleeping patterns and/or “jet lag” due to constant travel

### Dangers of Poor Sleep

According to Dr. Matthew Walker, a Professor of

Neuroscience and Psychology at the University of California, Berkley, “No aspect of our biology is left unscathed by sleep deprivation.”

Dr. Walker goes on to state that drowsy driving is more dangerous than driving drunk and that not getting enough sleep can double your risk of cancer and other serious illnesses.

According to a scientific study by Williamson and Feyer, even moderate sleep deprivation, between 17-19 hours, will produce cognitive and motor performance impairment equivalent to legal levels of alcohol intoxication.

Your ability to operate a golf cart, automobile or piece of equipment safely will be impaired. Even your office work will experience a decrease in efficiency!



### How to: Quality Sleep

To attain quality sleep, as recommended by the *National Sleep Foundation*, one must:

- Sleep more time while in bed (at least 85% of the total time)
- Fall asleep in 30 minutes or less
- Wake up no more than once per night
- Be awake less than 20 minutes after initially falling asleep.

### Night Owls and Morning Larks

You may have referred to yourself or others as a “night owl”, someone who is late to bed, or a “morning lark”, someone who rises early. Dr. Walker attributes these sleep habits to genetics and having both “night owls” and “morning larks” benefits the group by having more hours of the day covered. Groups or teams can accomplish much more with well rested individuals who will work **EFFICIENTLY AND SAFELY** throughout the day.

If feasible for your event, try staggering shifts to better accommodate everyone’s sleep preferences. A “bright eyed and bushy tailed” member of the team will have increased productivity and will work safer than they would if they were sleep deprived.

Although overlooked in the past by some, sleep, especially quality sleep, is making a comeback and may contribute to the success and safety of your event!