



Trouble sleeping this week? Workplace stress might be the culprit. The [September issue of Body and Soul magazine](#) cites a University of Michigan study found that “people who often feel hassled on the job were more likely to develop sleep problems. In fact”, says Body and Soul, “everyday struggles with coworkers seem to disrupt sleep even more than long hours, night shifts, or job insecurity.”

Yep. I have experienced that. And still experience disrupted sleep when work pressure (often self-imposed) increases. Anyone else experience this? Maybe the better question is “has anyone experienced you as cranky, ill-tempered, abrupt, even snarky because you were stress and sleep deprived. Do I even need to say how that will not help you career advancement? Did you even recognize that you weren’t at your best or did someone point it out to you? How did you recover?”

While I am no expert on sleep, I do know that tired = cranky and non productive. If you need some resources to address sleep check out the [articles on Body and Soul on sleep](#) . If you would like more info on how to address the tension check out the [Enews archive](#).

(You may want to check out the H.A.L.T. Article in particular). To hear a a newscast on the U of Michigan report [click here](#).