

# The Working Nights Calendar

For over 20 years, companies have provided the Working Nights Calendar to their employees. Thousands of employees and their families have used this simple, cost-effective tool to better manage their shiftwork lifestyle and maintain a positive work-life balance.

Along with our standard calendar, we offer custom-designed calendars that can incorporate corporate logos and unique company messages. We also offer a calendar for Hispanic workers and an English language 3" x 7.5" pocket calendar.

As always, our calendar includes colorful scheduling stickers to help employees and family members remember shift schedules and important dates/appointments with ease.

**Order yours today!**

**Call 1-888-SHIFTWORK**

**or order online at:**

**[www.workingnights.com](http://www.workingnights.com)**

## Working Nights Calendar

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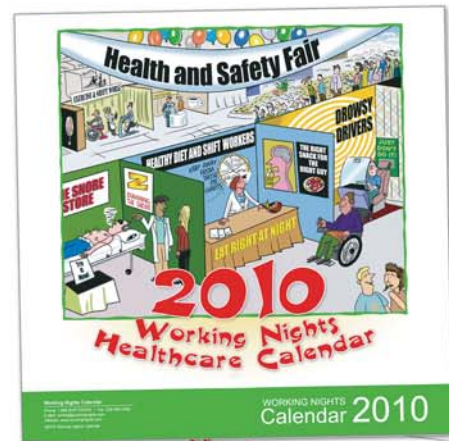
[www.workingnights.com](http://www.workingnights.com)

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# The Working Nights Calendar

## Help for Your Company and Your Employees

Cartoons Drive Home the Message Each Month

### Obstructive Sleep Apnea



"HEAR, ARE YOU TRYING TO TELL ME SOMETHING?"

#### Important Facts

- ✓ People with obstructive sleep apnea often stop breathing for 10 seconds or longer during sleep.
- ✓ Apnea can be mild or severe, based on the number of times each hour that breathing stops, preventing lungs from getting enough air. This may happen from 5 to 50 times an hour.
- ✓ Blocked or narrowed airways in the nose, mouth, or throat can cause sleep apnea. Airways can become blocked when the throat muscles and tongue relax during sleep.
- ✓ Snoring is a sign of sleep apnea, but not always; one in ten adults snore, but only one in ten people who snore have sleep apnea.
- ✓ People with apnea report falling asleep while working or driving, feeling tired right after they wake up, and say they often awake with a headache.

#### Tips About Obstructive Sleep Apnea

- People who work shift work are more than twice as likely to get sleep apnea as daytime workers.
- One large study found that the only two factors that correlated with sleep apnea were alcohol intake (which greatly worsens symptoms) and neck size.
- Weight was implicated in another study of more than 1,000 sleep apnea patients. Two-thirds of the patients were obese – defined as being 20% or more above ideal body weight.
- Most people with sleep apnea don't know they have it.
- Sleep partners of people diagnosed with apnea say their partners frequently stopped breathing, snored or choked and tossed and turned.

#### Age Related Impact

- Obstructive sleep apnea affects up to 2% of children. Childhood sleep apnea can cause learning problems, hyperactivity, and behavior changes.
- Among adults, from young to middle age, apnea is more common in men than in women.
- As people age, they have less sleep apnea.
- With menopause, the prevalence of sleep apnea among women becomes similar to that of men with apnea.
- Older adults normally have periods when they stop breathing during sleep, making it hard to breathe. If they have sleep apnea.

#### Expert Tips and Advice

- If a doctor diagnoses minor sleep apnea, treatment might include repositioning the head, sleeping on the side versus on the back or stomach, using a CPAP machine, minimizing alcohol consumption, or sleeping with an elevated head.
- For more significant cases, Continuous Positive Airway Pressure (or CPAP) is the treatment recommended by sleep professionals. CPAP entails wearing a mask-like device during sleep. The device provides pressurized air to prevent the airway from collapsing.

**Color Coded Stickers Help Planning**

**Full-Year Planner**

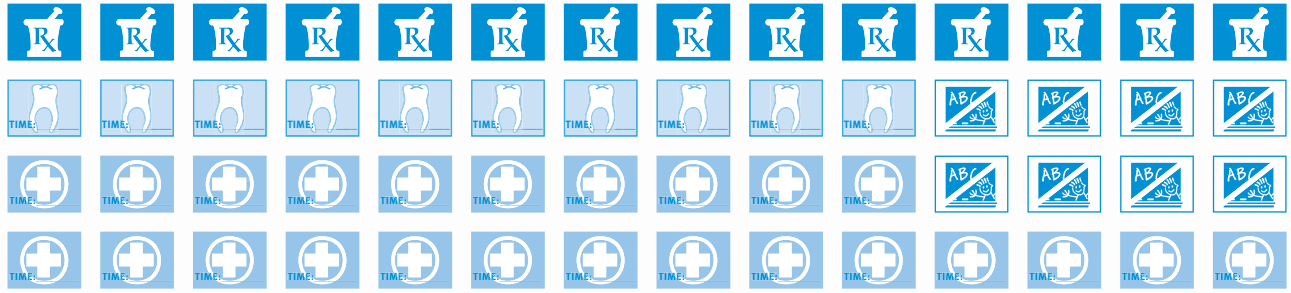
**January**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2009	January				1	2
S M T W T F S	S M T W T F S					
1 2 3 4 5	1 2 3 4 5 6					
6 7 8 9 10 11 12	7 8 9 10 11 12 13					
13 14 15 16 17 18 19	14 15 16 17 18 19 20					
20 21 22 23 24 25 26	21 22 23 24 25 26 27					
27 28 29 30 31	28					
3	4	5	6	7	8	9
		NIGHT				
10	11	12	13	14	15	16
17	18	19	20	21		
24	25	26	27	28		
31						

**WORKING NIGHTS Calendar 2010**



# Sample Sticker Page



Use these stickers to remind yourself of doctor and dentist appointments, prescriptions, and no school. We've also provided extra blank stickers!

