



勁道資源：「有效的領導」與 「充足的睡眠」關係密不可分

Fierce Resource: There's a Proven Link Between Effective Leadership and Getting Enough Sleep

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本週的「勁道資源」最初發表在「哈佛商業評論」上，探討的是睡眠與領導之間的關係。

This week's Fierce resource was originally published on the Harvard Business Review and explores the link between sleep and leadership.

有效的領導需要各種技巧，包括專注的能力、有效的溝通、以及很高的情緒智商（**emotional intelligence**）。但我們在做到這一切之前，必須先照顧好自己，也就是說，極需要的睡眠還是要先顧到。

Being an effective leader requires a lot of skills, including an ability to be present, communicate effectively, and a strong emotional intelligence. But before we can do all that, we first have to take care of ourselves. That means getting some much needed shut eye.



其實我們很多人睡眠時間都不夠。根據「『有效的領導』與『充足的睡眠』關係密不可分」(There's a Proven Link Between Effective Leadership and Getting Enough Sleep)這篇文章的說法，缺乏睡眠可能導致重要的領導行為無法表現出來，因此最終可能影響財務績效的表現。

And many of us aren't getting enough of it. According to the article There's a Proven Link Between Effective Leadership and Getting Enough Sleep, sleep deficiencies can undermine important forms of leadership behavior and eventually hurt financial performance.





缺乏睡眠讓你付出什麼樣的代價？

What is sleep loss costing you?

「缺乏睡眠會削弱選擇性專注的能力：研究顯示，清醒時間超過17到19個小時之後（例如早上六點起床到晚上11點或凌晨1點），一個人在很多任務上的表現，就會和酒精濃度高達0.05%的人差不多，在很多國家，這已經是合法酒精濃度的上限。」

“Sleep deprivation impairs the ability to focus attention selectively: Research shows that after roughly 17 to 19 hours of wakefulness (say, at 11 PM or 1 AM for someone who got up at 6 AM), individual performance on a range of tasks is equivalent to that of a person with a blood alcohol level of 0.05%. That’s the legal drinking limit in many countries.” **M**