

Safety Facts: Improving Sleep*

We all need enough sleep to be at our best. Sleep is an important part of a healthy lifestyle for workers. It helps the body to rest, repair, and recharge for the next day.

Why is it important?

When we don't get enough sleep, the quality of our lives and performance at work suffers. Without enough sleep, we may be more likely to have trouble concentrating, make poor decisions, make more mistakes, have slower reaction times and be less productive. We need to get enough sleep to be able to work effectively and safely. Accidents or injuries are also more likely when we are sleep deprived.



Associated risks/hazards

Not getting enough sleep can have a negative effect on your physical and emotional health. Poor sleep can affect your mood causing you to feel down, anxious, or more stressed.

It can also put you at risk for health problems like high blood pressure, diabetes, and heart disease. When you don't get enough sleep, your body will release hormones that make you hungrier and you may find yourself eating more food than usual. Not getting enough sleep can also cause you to have less energy, which can make it harder for you to exercise and stay active. These factors can all lead to weight gain.

The amount of sleep needed varies from person to person, but most adults need about 7–9 hours of sleep per day.

Preventive next steps

Managing sleep is an important part of a healthy lifestyle for workers. It helps to keep them alert and productive during the day. The good news there are things we can do to get better sleep. With the right strategies, workers can make sure they are getting the sleep they need to stay healthy and safe.

Tips for Better sleep:

- Create a comfortable sleeping environment by keeping the bedroom dark, cool, and quiet
- Avoid caffeine, nicotine, and alcohol late in the day

- Exercise regularly to help promote better sleep
- Avoid using electronic devices late at night
- Develop a consistent sleep schedule, going to bed and waking up at the same time each day
- Take a warm bath before bed to help relax the body
- Take time to wind down before bed by reading or doing a relaxing activity
- Visit your family doctor to talk about it



For additional resources visit:

[12 simple tips to improve your sleep](#) Harvard Medical School website

[Sleep tips: 6 steps to better sleep](#) Mayo Clinic website

Improving Sleep Toolbox Talk

Name of Facilitator: _____ **Date:** _____

Supervisor Signature: _____ **Date:** _____

Employee feedback/questions/recommendations

Workers who attended

[illegible]

Key Talking Points (Facilitator Notes)