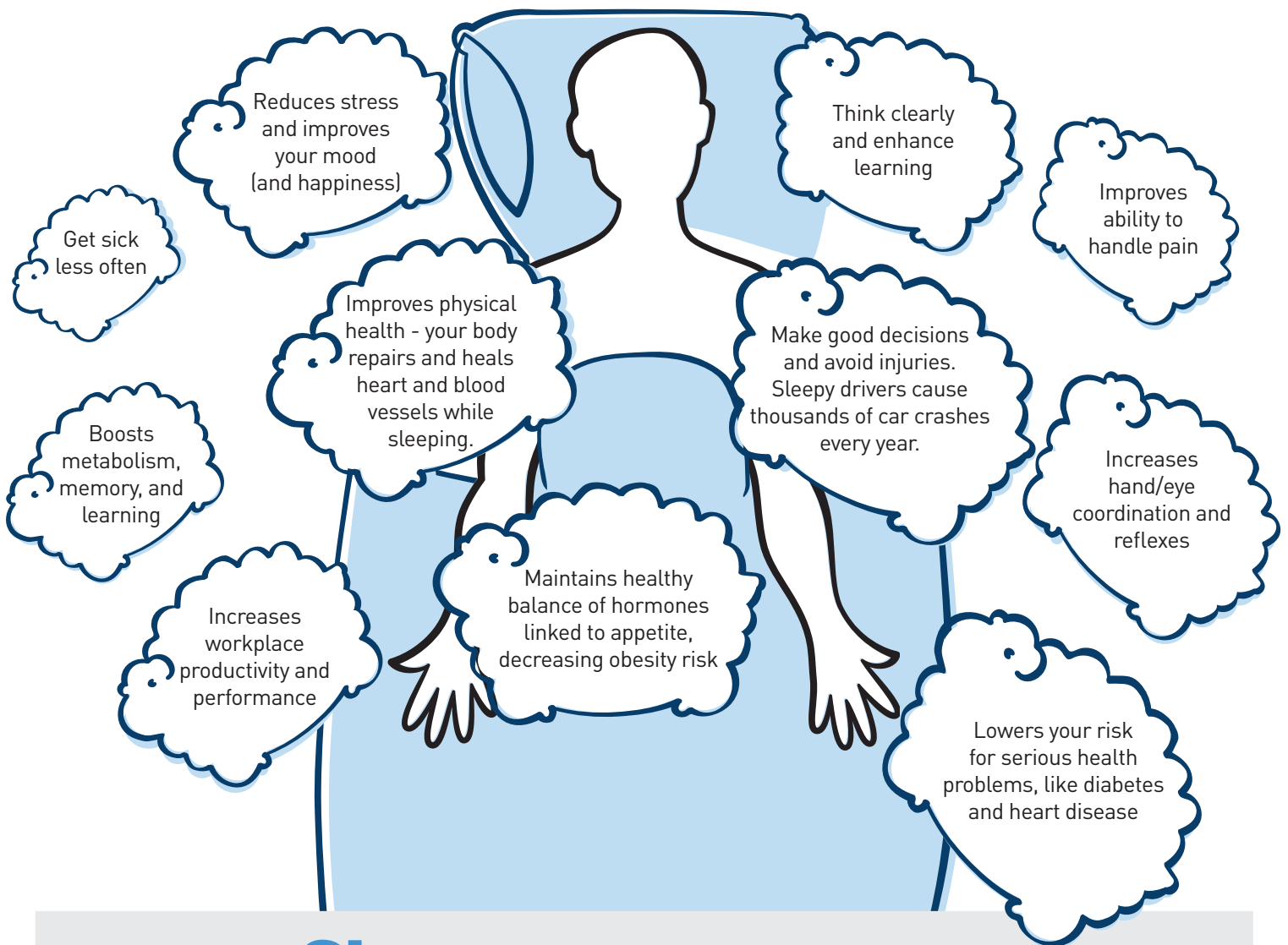


Total Worker Health:

FATIGUE

The benefits of getting enough **sleep**



Sleep environment tips

Have a regular sleep schedule.

Keep your room cool and dark.

No caffeine or alcohol for eight hours before bed.

Can't sleep? Don't stay in bed.

No screen time before bed.

If concerned, check for sleep apnea or other sleep disorders.