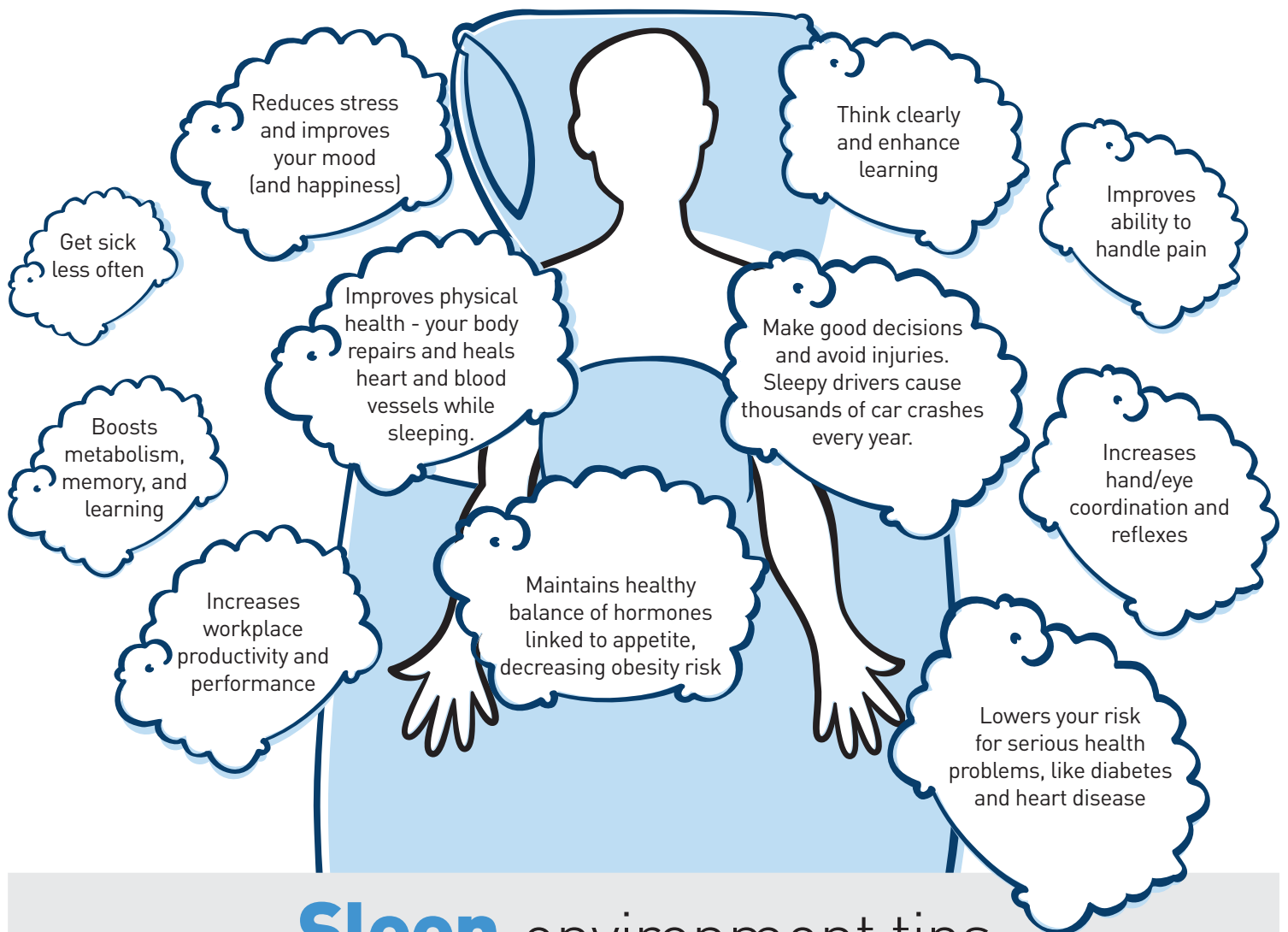


Total Worker Health[®]:

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.