



## Checklist

# Fatigue

Sleep is something we all need, but a significant number of us aren't getting enough of it. Take these steps to promote, regular, healthy sleep:

- ✓ Create and follow a sleep schedule. Go to bed and wake up at the same time every day
- ✓ Ensure your bedroom or sleeping area is quiet and dark and keep the temperature moderate—neither hot nor cold
- ✓ Make sure your bed is comfortable and remember that bedtime is for sleeping and not reading or watching TV
- ✓ Avoid the use of gadgets that emit light, especially smartphones and tablets. Using these devices before going to bed can inhibit restful sleep
- ✓ Don't eat a heavy meal right before bedtime

### Shift Workers

The National Sleep Foundation recommends the following for shift workers:

- ✓ Avoid long commutes and extending working hours
- ✓ Take several short breaks throughout the shift and remain active during breaks
- ✓ Drink—but don't overdo—caffeinated beverages as needed throughout shift
- ✓ Use a "buddy system" of other coworkers to keep each other alert
- ✓ Wear dark glasses to block the sun on your commute home
- ✓ Keep a consistent bedtime and wake schedule
- ✓ Eliminate light and noise from your sleep environment
- ✓ If fatigued, do not drive or operate machinery

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