



# TIRED OF BEING TIRED?



You're not alone. One in 3 adults reports not getting enough sleep. Insufficient sleep (less than the recommended 7 – 8 hours a night) can take a toll on your body and mind, leading to fatigue-related accidents or errors.

This month, help your team change up their bedtime routine. Ask them to try this: each week make one of the small changes below to your sleep habits. At the end of the month, huddle up and discuss what worked and what didn't.

## ACTIVITY



### KEEP A REGULAR SLEEP SCHEDULE

By going to bed and rising at the same time each day, even on weekends, you can maximize your rest.

**Did this help?**

YES |  NO

### TURN OFF THE TV AND SMART DEVICES

The blue light from screens disrupts sleep patterns, and watching car chases, checking social media or answering emails stimulates your brain. It can wait until tomorrow.

**Did this help?**

YES |  NO

### EAT, DRINK AND BE MERRY, EARLY

Avoid large meals and stimulants like caffeine, nicotine, sugared drinks and alcohol close to bedtime.

**Did this help?**

YES |  NO

### BE MINDFUL, DON'T FORCE SLEEP

Create a quiet, dark and relaxing environment in your bedroom. Let your mind and body relax into sleep.

**Did this help?**

YES |  NO

Join the **Health and Safety Champion tele-town hall** on **Wednesday, March 27, 2019**, to share your team's results.

**TOOLS YOU CAN USE**

If you find yourself fatigued at work — and you can't take a short nap — increase your social interaction. Take a brisk walk. Drink water. Get outside and soak in some sun. For more information on best sleeping habits check out: [kp.org](http://kp.org) and search keyword: *sleep*.

