

THE IMPORTANCE OF SLEEP

Sleep is our body's way of recharging, and plays an important part in our health.

Some of the benefits of quality sleep include:

- Tissue repair and muscle growth, and a boost for the immune system
- Consolidates memories and improves attention and concentration
- Can assist with maintaining a healthy weight and metabolism



17 hours without sleep is as dangerous as having a blood alcohol content of 0.05%

HOW SHIFTWORK AFFECTS SLEEP

Our bodies are programmed to be most alert during the day, and to rest at night. Shiftwork can have a lasting effect on your sleep routine.

- Shiftworkers can sleep one hour less per day than non-shift workers due to their hours of work
- Often report feeling less rested at work and away from work
- May find it harder to concentrate and be alert when at work

IMPROVING YOUR SLEEP



- Try to go to bed and wake up at the same time every day
- If you have to sleep during the day, ensure your bedroom is kept cool & dark
- If you can, sleep just before going to work or take a 15min nap
- Avoid caffeine, alcohol & sugary foods & eat a healthy, balanced diet

If you have concerns about feeling fatigued at work, speak with your Supervisor or WHA Onsite Health Provider.