

# Sleep awareness and fatigue

Sleep is important for muscle repair, growth, and a healthy immune system.

## Tips to help your body clock

- Doing some form of light exercise before starting work may make you more alert.
- Try to get some daylight in the mornings if possible.
- Make sure your bedroom is dark, quiet and cool (16-18 degrees C). If necessary, wear an eye mask or earplugs.
- Minimise your caffeine and alcohol intake, especially before going to bed.
- Write down tomorrow's list before bed, to help clear your mind.
- Avoid looking at electronic devices at bed-time. The blue light is thought to tell your brain it should be waking up.
- It can help to have a wind-down routine at the end of the day. Listening to quiet music or reading a book may help you relax.
- Try to go to bed and wake up at the same time (even at weekends), and stick to a regular pattern of meals.



Night workers' routines may be different to that of friends and family.

- Talk to friends about shift working, so they understand your work pattern.
- Have a short sleep before your first night shift.
- If you finishing a series of night shifts, have a short sleep and go to bed earlier that night.
- Make the most of your time off to join in social activities or hobbies. Maybe include co-workers on the same shifts.

## Fatigue increases the risk of injuries or other accidents.

Fatigue is feeling very tired, exhausted, or sleepy. Symptoms include:

- tiredness or sleepiness
- memory lapses
- difficulty concentrating
- slower reaction times

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Remember one of our Be Safe rules is **Be fit for work.**

**Our 14-hour door-to-door policy is to keep everyone safe.**

You must tell your line manager if your working day will be more than 14 hours.

Learn to recognise the warning signs of fatigue, so you can take a break or have a power-nap.

**Remember to keep hydrated.** Dehydration is one of the biggest reasons for fatigue.

The NHS Every Mind Matters website also has lots of good sleep advice  
[www.nhs.uk/oneyou/every-mind-matters/sleep/](http://www.nhs.uk/oneyou/every-mind-matters/sleep/)

### Discuss:

- What helps you to sleep?
- What hobbies help you wind down?



