

# Rest easy for a healthier you

A good night's rest improves your mental and physical health. It also reduces fatigue, which is one of the biggest contributors to workplace accidents.



Routine



Exercise and diet



Switch off



Time out



## Follow these tips for a good night's rest:

### **R**outine

- try to keep regular bed and wake-up times every day, even on weekends

### **E**xercise routine and diet

- reduce alcohol and big meals prior to bed
- regular exercise supports better sleep

### **S**witch off

- keep your sleeping area quiet and dark
- avoid phones or electronic devices in your room
- avoid bright screens for at least an hour before bedtime

### **T**ime out

- make relaxation your goal rather than sleep
- try techniques like breathing and meditation to clear your head

For more Workplace Health & Safety tools and information visit [eml.com.au/resources](http://eml.com.au/resources)

