

# 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)

