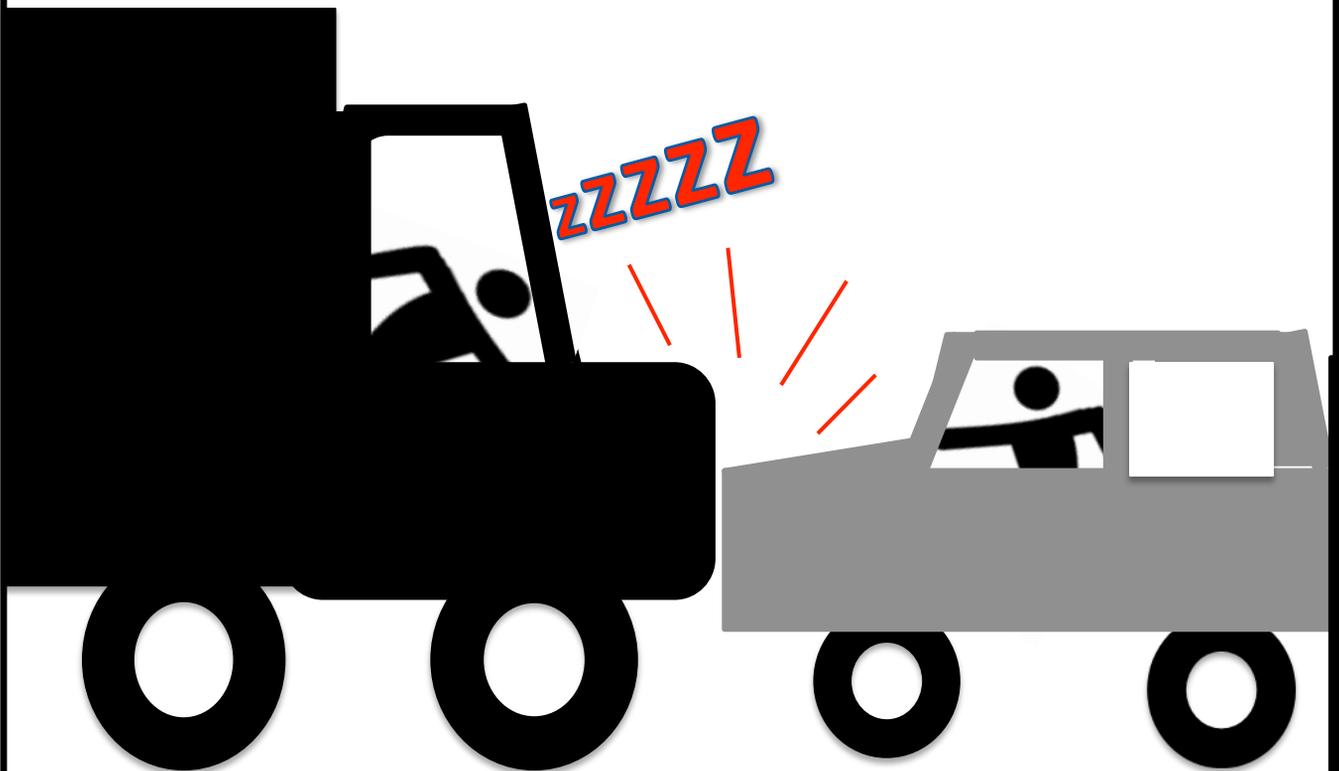


HEALTH IMPACTS SAFETY



- **Too little sleep causes:**
 - accidents, incidents and errors
 - health problems
- **Lifestyle and work can both influence:**
 - how much we sleep
 - how well we sleep

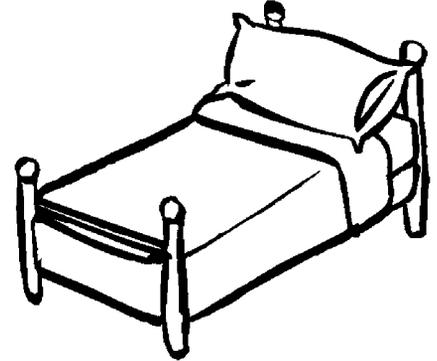
Safety Meeting Guide

TWH 1: What's sleep got to do with it?

<http://ow.ly/iHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Our safety committee meeting today is about a 35 year old truck driver who fell asleep at the wheel, causing a crash that killed a passenger in another vehicle. Multiple other vehicles were involved in this accident and charges were pressed against the truck driver.



We know that too little sleep can cause accidents. We also know that too little sleep, or sleeping at the wrong time, can add to health problems like obesity and high blood pressure. There are things that organizations can do to help employees increase how much sleep they get.

So here are some ways we can improve our sleep.

- Share information at your workplace about the importance of sleep and of good sleep hygiene practices.
- Discuss lifestyle choices or behaviors that help promote our ability to sleep, such as:
 - Establish a very regular and relaxing bedtime routine.
 - Avoid exercising, or ingesting caffeine or alcohol too close to bedtime as these will prevent or disturb sleep.
- For supervisors, think about ways your company can change shift or overtime requirements, or support 'power naps' at work so employees get the sleep they need.

ASK: "Does anyone have more ideas or comments to share?"

Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- How much sleep do you get most nights?
 - Consider self-monitoring your bed and wake times, or use an app to monitor sleep for one week. Then set up a goal to prepare and go to bed earlier and at more regular times for one week to get more sleep.
- Have you ever had a "near miss" that you think was related to being tired?
- Brainstorm hazards for poor sleep and fatigue in your workplace.
- Are there things you have found that helps you get more regular sleep?