

Checklist for better sleep and less fatigue

Are you doing all you can?

Better Sleep

Your sleep environment

- Sleep in a room that is cool, quiet and dark
- Install curtains with backing, heavy drapes or blinds
- Have walls, windows and/or doors insulated
- Use the hum of a fan or air conditioner to mask outside noise
- Use an answering machine/voice mail
- Talk to neighbours, family and friends about quiet time
- Sleep on a quality mattress
- Keep a note pad and pen by the bed to write down any thoughts or worries that may keep you awake

Your sleep routine

- Have a regular sleep schedule
- Try different sleep times to find what is best for you
- Shower or bath before going to bed
- Eat a light meal before sleeping but don't over-eat
- Manage your social time around your sleep schedule

What you eat

- Stock the kitchen with healthy snacks and meals
- Avoid excessive alcohol before sleep
- Don't drink too much fluid just before sleep

How you relax

- Don't rely on sleeping tablets
- Have at least 30min quiet time before going to bed
- Learn and practice a relaxation skill

Each box without a tick is a step you can take for better sleep

Avoid Fatigue*

*Especially for shift workers

Ready your body clock to start night-shift

- Have a short sleep before your shift begins
- Ready yourself to come off nightshift for days off
- Have a short sleep after your shift then stay awake until night

Exercise and diet

- Snack smart on low glycemic index, healthy foods
- Enjoy daily physical activity to keep fit
- For shift workers, have two meals at regular times and a light meal mid-shift
- Eat regular, healthy meals
- Drink non-alcoholic, low-calorie fluids regularly
- Use caffeine to stay alert, but not within 4hrs of sleep
- Do not use nicotine or amphetamines

While you are at work

- Use light activity during work breaks to clear your head
- If work gets boring, find useful things to do
- Keep your mind active eg. by listening to the radio
- Do not drive if you are worried that you can't stay awake
- Protect your sleep time, don't take on extra work

Your work conditions and clothing

- Wear comfortable clothing and supportive footwear
- Have a well-lit work area that is cool, dry and well-ventilated

Each box without a tick is a step you can take to avoid fatigue