



FATIGUE AT WORK

EMPLOYER TOOLKIT



Sleep Health is a Safety Priority

Do You Dream of Good Sleep?

It's common to have occasional sleepless nights. But if you often have difficulty falling asleep or staying asleep on a regular basis, you might have insomnia.

Insomnia could be caused by:

- An overstimulating bedtime routine, for example watching TV or using other screens
- Consuming alcohol or caffeine before bedtime
- Taking over-the-counter or prescription medications that interfere with sleep
- Having medical conditions like arthritis or asthma
- Having psychological conditions like anxiety or depression

Everyone needs 7 – 9 hours of good-quality sleep every day to refresh the mind and body.

Do You Wake Up Tired?

You might have obstructive sleep apnea if you:

- Snore loudly and frequently
- Gasp for air or stop breathing while sleeping
- Get up to urinate several times a night
- Are sleepy or fatigued when you should be awake and energetic
- Are overweight or obese
- Have a family history of obstructive sleep apnea

If you struggle to get good sleep, talk to your doctor.