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

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.