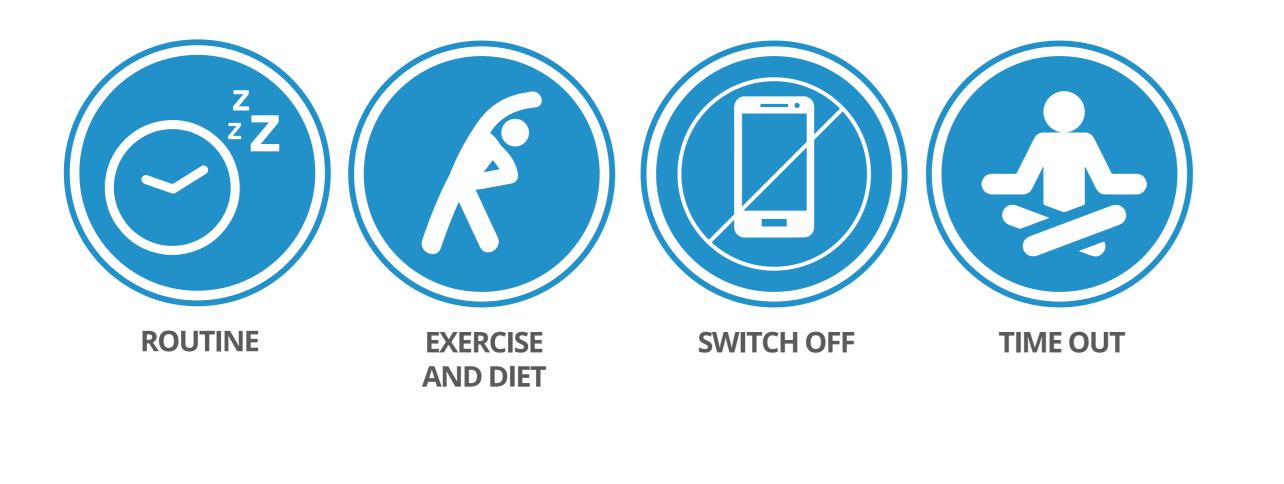# REST EASY FOR A HEALTHIER YOU

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:

ROUTINE
- try to keep regular bed and wake-up times every day, even on weekends

EXERCISE ROUTINE AND DIET
- reduce alcohol and big meals prior to bed
- regular exercise supports better sleep

SWITCH 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

TIME OUT
- make relaxation your goal rather than sleep
- try techniques like breathing and meditation to clear your head

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