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.

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

For more information regarding work, health and safety in NSW visit trinityinsurance.au

Trinity Insurance

we help people get their lives back