SLEEP WELL VORK BETTER

Sleeploss is influenced by workplace demands.

> Poor sleep increases the risk of psychological injury.

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Sleep disturbance is a risk for post traumatic

stress disorder.

You can help by maintaining a healthy and balanced diet, regular physical activities, and an ongoing bedtime routine.



Workplaces can help by managing work schedules, providing some good role models and reinforcing sleep protecting behaviours.

The above information has been extracted from the Work Wellness: Sleep Disturbance as a Predictor of PTSD Review. To access the full version contact hace@icare.nsw.gov.au

