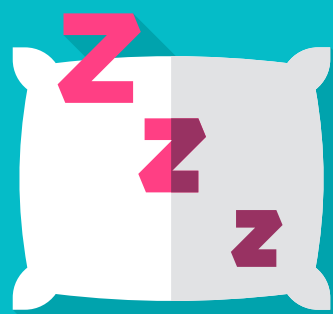


SLEEP WELL WORK BETTER

Sleeploss is influenced
by workplace
demands.



Poor sleep increases the
risk of psychological
injury.

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.