



Adequate sleep

Get some serious shuteye.

Regular sleep habits keep you at the top of your game. Go to bed and wake up at the same time every day, even on weekends. Avoid naps during the day. Exercise daily. Pass on the alcohol and heavy meals before bedtime. Read or take a warm bath before hitting the pillow. Step away from the high-tech gadgets in the evenings.

Getting enough sleep is a key part of a healthy lifestyle.

And that's smart safety!

For additional information or guidance, contact your safety office.