



Sleeping habits

Avoid the sheep headcount.

We often sacrifice sleep, not realizing that sleep is vital to our well-being. It promotes physical health, longevity and emotional well-being. After a good night's sleep, you feel better, your thoughts and decision making are clearer, and your emotions are less fragile.

Try to get seven to nine hours of sleep each night. Getting sufficient sleep is not a luxury but essential for your health, safety and quality of life.

And that's smart safety!

For additional information or guidance, contact your safety office.