

TOOLBOX TALKS

Restful Sleeping Fact Sheet

Improve Your Sleep

Difficulty falling or staying asleep is a common problem. About half of Americans report sleep difficulty at least occasionally, according to National Sleep Foundation (NSF) surveys. These woes called — insomnia by doctors — have far-reaching effects: a negative impact on concentration, productivity, and mood. Fortunately, there are many things you can do to improve your sleep. The first step requires some detective work. You'll need to examine your diet, exercise patterns, sleeping environment, personal habits, lifestyle, and current concerns. As you begin to see the connection between, for example, what and/or when you eat and nights of poor sleep, you can develop your own good sleep plan. Keep in mind that good sleep doesn't always just happen. Like a successful play, a restful night of ZZZs demands a strong director's hand and a stage set appropriately. If you've been sleeping poorly for some time, you may have fallen into some bad sleep habits that reinforce your problem.

Seven Tips to a Good Night's Sleep

Want a better night's sleep?

Try the following:

1. Consume less or no caffeine and avoid alcohol.
2. Drink less fluid before going to sleep.
3. Avoid heavy meals close to bedtime.
4. Avoid nicotine.
5. Exercise regularly, but do so in the daytime, preferably after noon.
6. Try a relaxing routine, like soaking in hot water (a hot tub or bath) before bedtime.
7. Establish a regular bedtime and wake time schedule. Keep a sleep diary before and after you try these tips. If the quality of your sleep does not improve, share this diary with your doctor.

Preparing for Successful Shuteye in Daylight Hours

There are steps that you can take to successfully fall asleep and stay asleep. (The key is to make sleep a priority!)

- Set the stage for sleep even though it might be broad daylight outside.
- Prepare your body and mind for sleep.
- Wear wraparound dark glasses on your way home from work if you are on the night shift to keep morning sunlight from activating your internal "daytime" clock.
- Follow bedtime rituals and try to keep a regular sleep schedule — even on weekends.



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- Go to sleep as soon as possible after work. At home, ask family and friends to help create a quiet and peaceful setting during your sleep time.
- Have family members wear headphones to listen to music or watch TV.
- Ban vacuuming, dish washing, and noisy games during your sleep time.
- Put a “Do Not Disturb” sign on the front door so that delivery people and friends will not knock or ring the doorbell.
- Do not schedule household repairs during your sleep time.

This information is published by the Texas Department of Insurance (TDI), Division of Workers' Compensation (DWC) and is considered factual at the time of development.



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