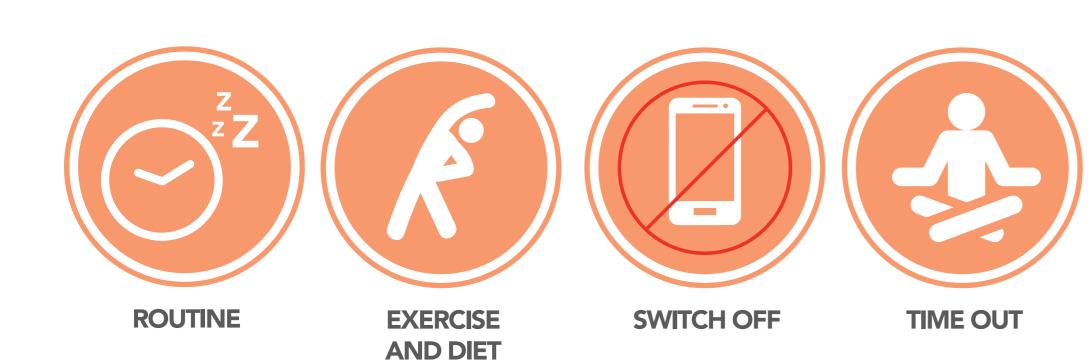
# REST EASY FOR A HEALTHIER YOU

A good night's rest improves your mental and physical health. It also reduces fatigue, which is one of the biggest contributors to workplace accidents.





# FOLLOW THESE TIPS FOR A GOOD NIGHT'S REST:

 try to keep regular bed and wake-up times every day, even on weekends

# E XERCISE ROUTINE AND DIET

- reduce alcohol and big meals prior to bed
- regular exercise supports better sleep

## WITCH OFF

- keep your sleeping area quiet and dark
- avoid phones or electronic devices in your room
- avoid bright screens for at least an hour before bedtime

### IME OUT

- make relaxation your goal rather than sleep
- try techniques like breathing and meditation to clear your head

For more Workplace Health & Safety tools and information visit



eml.com.au/resources



we help people get their lives back