

# THE IMPORTANCE OF SLEEP



**Not getting enough sleep can affect your ability to stay healthy and perform your work safely, which is why it's important to stay well rested.**

## 7 TO 9 HOURS

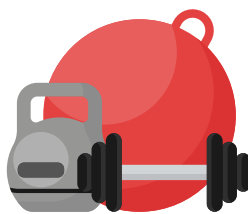
**Recommended hours of sleep each night.**

## 1 IN 2

**Adults get 6 or less hours of sleep each night.**



**Go to bed at the same time every day**



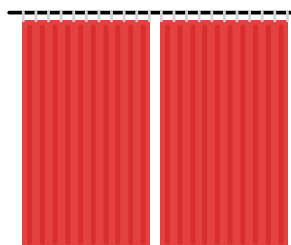
**Exercise regularly, but not two hours before bedtime**



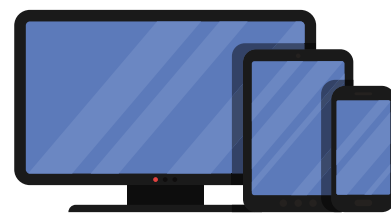
**Avoid heavy meals, alcohol and caffeine before bedtime**



**Don't drink anything at least one hour before bedtime**



**Make your room comfortable and dark**



**Silence your phone and turn off other distractions**

 QuadMed

## TAKE **CONTROL** >>>>

CONDITION MANAGEMENT PROGRAM