



# FATIGUE AT WORK

## EMPLOYER TOOLKIT



## Could You Get Better Sleep Every Day?

Remember the four ACES:

**Alcohol, Caffeine, Environment and Screens**

- Avoid **alcohol** and **caffeine** before bedtime
- Create a sleep-friendly **environment**, with a dark, cool, quiet bedroom
- Don't use **screens** before bedtime: TV, cell phones and tablets cause your brain to stay awake