Sleep is as important to our health as eating, drinking, and breathing. It allows our body to repair itself and our brain to consolidate our memories and process information. How much sleep needed varies, but on average studies say we need at least 7 to 9 hours every day. ****

**What can we do to Improve your sleep**

**How can sleep affect us?**

* **Create a routine. Go to bed and get up at the same time every day.**
* **Use your bed primarily for sleeping (do not watch television, use electronic devices, read, or do work in bed)**
* **Most people sleep better when the room is cool. Use an air conditioner, fan, or open a window.**
* **If you are sleepy, do not try to go to bed. Get up and read or do something quiet instead.**
* **Avoid caffeine, tobacco, or alcohol before bed.**
* **Turn off the phone ringer and notifications.**
* **Make the room as dark and quiet as possible. Use heavy, dark curtains, blinds, or a sleeping eye mask. Soundproof the room where possible.**
* **Eat at regular intervals and consume a balanced diet of fruits, vegetables, whole grains, healthy fats and protein.**

Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life. Everyone can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal.

People who are sleep deprived are also more likely to make errors, partially due to increased reaction times. This means a tired individual may take more time to react in critical situations and may be more likely to make a mistake.

Fatigue is a state of feeling very tired, weary, or sleepy resulting from various sources such as insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety. Boring or repetitive tasks can intensify feelings of fatigue.

**Is fatigue a workplace issue?**

Everyone should be concerned about the impact of fatigue as it can be considered a form of impairment, making fatigue a workplace hazard. Workplace factors that may influence fatigue are:

* Shift rotation patterns
* Balanced workloads
* Timing of tasks and activities
* Availability of resources
* Workplace environment (lighting, ventilation, temperature)

Qr code

Description automatically generated

* Other factors: mental fatigue, such as mental workloads, demanding mental activities or long periods of anxiety

**Is fatigue a workplace issue?**

* Reduced communication skills
* Reduced decision-making ability or processing
* Reduced productivity or performance
* Reduced alertness, attention, and vigilance

*Want to watch this video on YouTube.*

***Scan the QR Code*** *for a short video on How Sleep Affects Your Brain.*

* Reduced reaction time
* Failure to respond to changes in surroundings
* Reduced ability to do task or job

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| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **Psychological Health & Safety: Mental Health and Quality of Sleep** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |