



# REST up

## for a healthier you

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

Follow these tips for a good night's REST:



**Routine** - go to bed and wake up at the same time every day – even on weekends.



**Exercise and diet** - regular exercise promotes better sleep quality. So does cutting back on alcohol and big meals close to bedtime.



**Switch off** - keep your sleeping area quiet and dark. Avoid bright screens for at least an hour before bedtime.



**Time out** - make relaxation your goal, not sleep. Try relaxation techniques like breathing and meditation to clear your head.